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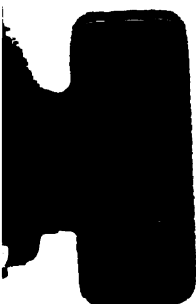
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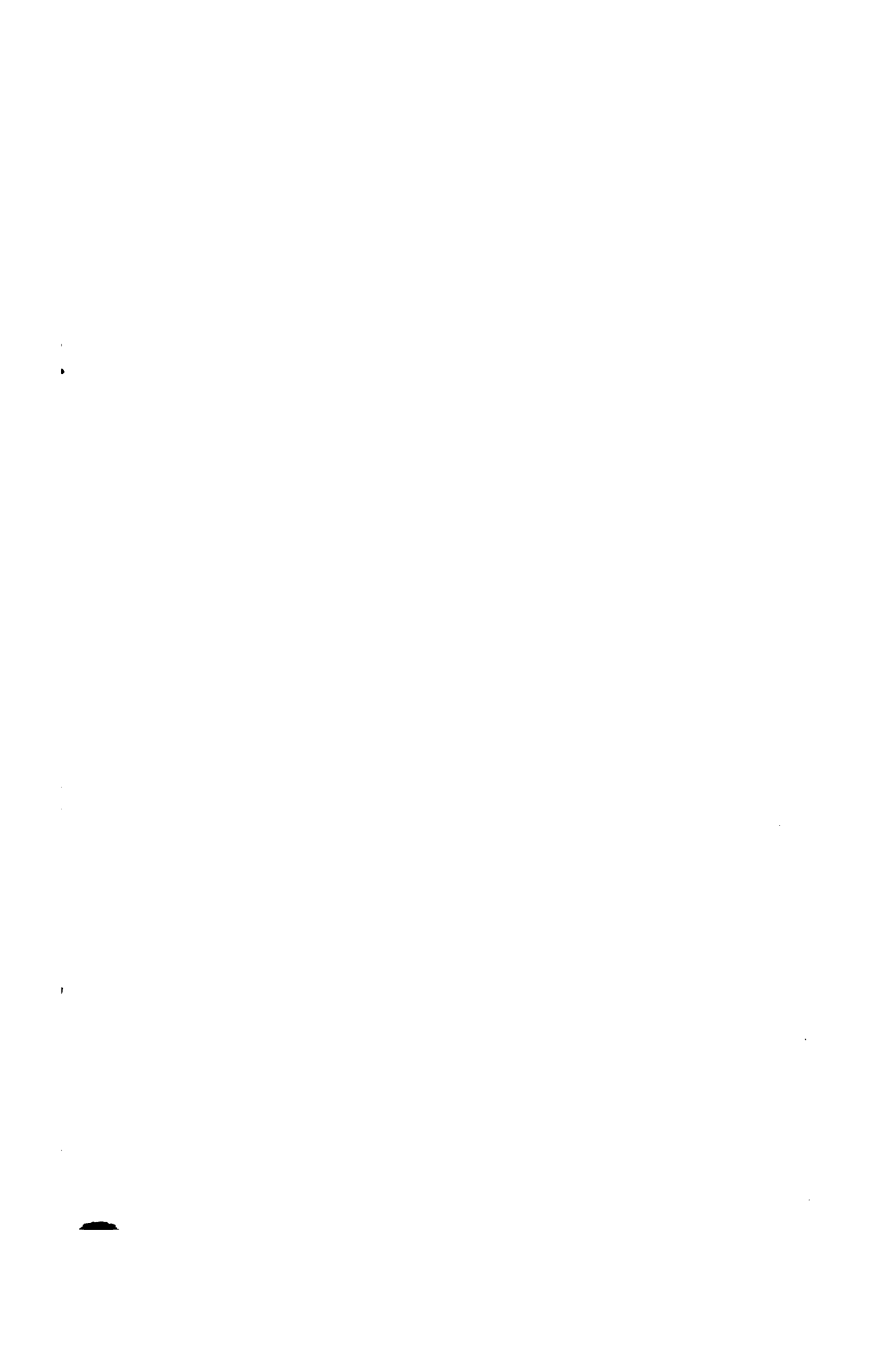
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A BOOK OF SIMPLES



The Imperial Water

Take bilony, Scabious, Pimpernell, proserp, Tormentill roots & all
Surpet leaves and knoll of each a handfull pick your herbs & wash
or scrape your roots lay them on a cleane day to wither then chop
the roots and roots together and put them in a cleane earthen pan
then put as much white wine to it as will thoroughly wet the herbs &
let it stand 24 hours ease covered then distill it in an ordinary still
to this water put a pint of burrage or fucus flowers 2 ounces of oare
withindate of grease and 2 pence worth of Cumminck roots a quarter
of a pound of liquorish a handfull of aniseeds a little saffron 2 ounces
of hartshorne let it infuse 24 hours then distill it adding as much
white sugar into y^e glass to sweeten it to your taste

The palsey Water

Take sage rosemary bilony flowers of each half a handfull burn
and bugloss flowers and flowers of lillie of the valley of each a handfull
steep them in spirit of wine muscadine or aquadite each one in the
seasons till all may be had then put to them calme motherwort sage
leaves leaves of orange trees and the flowers if to be got of each
one ounce put them into the rest and as many lavender flowers
serp^t / rahn the stalks as will fill a gallon glass steep all these 6
weeks or 2 months then distill them in a limbeck then put into
water cisthoron bells dryed & many seeds of each 6 drams of an-
gemon half an ounce of y^e mace and mace cardomum cuscut and
yellow flowers of each half an ounce gum galles one dram make
all these into powder and put them into the distilled water and put to
them Iubels new and good half a pound the stones taken out & cut small
close the vessel very well with a double bladder let them digest 6 week
in a straim these hard with a press & filterate the liquor and put it
into preserpd perl Emaradus thust saffron of each 10 grains of amber
great y^e serp^t red roses well dryed red & yellow sandex of each round
hang these in a linnen bag in y^e water stop it close.

The Vertues of the palsey Water

It is of exceeding vertue in all sounding fits in weakness of heart recovery
of spirits it restores speech in maniacous and palsey it loos all pangs of y^e stom
occasions by cold and cramps outwardly bathed and chills stop in it and laid
to the place it strengtheneth all animal and natural spirits & cleareth the
rational senses it strengtheneth the memory restores lost appetite suppleth
weakness of the stomach being both taken inwardly and bathed outwardly
it taketh away the quidding of the head it helpeth the hearing makes a
pleasant breath refresheth the lost speech helpeth all cold distempers of liver
and the beginning of palsey it loos all cold distempers of the mother in June new
may to w^eth the vertue of this water take bread crums and sugar of each
alike quantity mix it very well with this water using it in the morning
fasting & as much at night going to bed if need is but if a fit of chills
lay on a poppaze you must give as much every hour to restore speech.

To Make Venle Collops In Rajons way

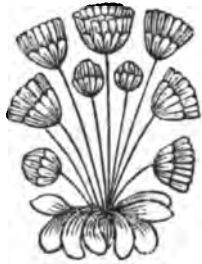
Take fat and lean veale sliced thin & well beaten with the back of a knife
then lard them if you please put 2 anchovies, newnes grated some pepper
salt into the frying pan with your meat then fry it very leisurely
in fresh butter else it will turn to oyle when it is enough pour away the



A BOOK OF SIMPLES



*“Delirious persons here a cure may find,
To stem the phrensy and to calm the mind.”*



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INTRODUCTION

THE original of this little book was found in the library of a distinguished Essex antiquary: the document has unfortunately no history, but from its appearance and comprehensive character it must have been the still-room book of some manor house or homestead of standing.

The manuscript is a folio composed entirely of vellum, bound in green, with a conventional design in gold: the binding of this book is a reduced facsimile of the original. The writing is in the hand of several persons: the spelling and absence of punctuation are here reproduced in all their original quaintness. The book has been submitted to experts, who are of opinion that it covers a period of some fifty years, terminating about the middle of the eighteenth century.

The condition of many of the rural districts of England in the eighteenth century and the almost impassable state of the roads are brought home to us by a writer in "The Gentleman's Magazine" (1757), in the following description: "It took my horse up to the belly the second step he took on the road, and had I not dismounted and clambered up some bushes I had been lodged there for a season." The isolation of the country in those days is almost incon-

ceivable; the difficulties of travel were immense, and a survival of feudal legislation tied the labourer to the soil. Thus we may look upon the manor or farmhouse, with its retainers, as a detached social unit, and, in a sparsely populated country, almost a state in itself.

It is not difficult to form a picture of the lady of the house: amid her other duties she dispensed doles and charity to the poor around her. Through her knowledge of simples she was also "simpler" of all the ills that flesh is heir to, not only in the case of man, but also of beast. The wisdom and observation of a long procession of forebears are summed up in the recipes gathered in this book.

Herbs, too, she knew, and well of each could speak,
That in her garden sip'd the silvery dew;
Where no vain flower disclo'd a gaudy streak;
But herbs for use, and physic, not a few,
Of grey renown within those borders grew;
The tufted basil, pun-provoking thyme,
Fresh balm, and mary-gold of cheerful hue;
The lowly gill, that never dares to climb;

* * * * *

And lavender, whose spikes of azure bloom
Shall be ere-while in arid bundles bound
To lurk amidst the labours of her loom,
And crown her kerchiefs clean, with mickle rare perfume.

In these days, when the good manager is scarce, it is perhaps difficult to realize or appreciate that domestic æconomy was once practised as a science, founded upon the older herbalists, housewives' tales and oral tradition, the whole administered by rule of thumb. As will be seen, the domestic pharmacopœia had not yet emerged from the seven-

teenth century. The astrological atmosphere of Culpepper, who warns us that he "who would know the operation of the herbs must look up to the stars astrologically," and the writings of Parkinson, clearly show the influence of that period. The predominance of the healing properties of herbs is still more apparent in this book; there is not a single remedy or simple in which their virtues are not set forth.

In my lady's garden, set within its red-brick walls, grew Camomile, Basil, Cardons, Angelica, Sweet Chevril, Tansy, Saffron, Elecampane, Hyssop, Thyme, Marjoram, Purslane, Sage, Rosemary, Rue, Pennyroyal, Borage, Liquorice, Horehound and many other plants. With these herbs were cultivated Gillyflower, Pansy, Pinks, Bergamot, Southernwood, Bay, Roses, Jasmine, Lavender and divers sweet-scented plants for the making of simples, perfumes, and "sweete waters."

The housewife, before entering on her duties, must have served an apprenticeship; doubtless it formed the serious business of her life. How many women nowadays follow the example of their ancestors? The easy access of the doctor, the facilities of communication, the quack remedies obtained from the neighbouring chymist, have superseded the old-fashioned simples.

The old herb garden is a wilderness, and even the names of its occupants have almost passed away. Perchance this little book may help us to picture it at its prime, with all its old-world atmosphere, and haunting memories of much that is still precious. It may also bring back the sweet mingled scent of

the herb garden, the "murmuring of innumerable bees," the shimmering of the sun on sheltered pleasure and well-trimmed hedge of yew, creating an image delightful to recall.

Although many herbals and culinary manuscripts and books date back to a much earlier period, as may be seen in the bibliography, yet they are now scarce and difficult to obtain. This particular example is interesting because of the magic of its herb-lore and the added charm of the making of preserves and perfumes and the preserving of viands. Moreover, it has that personal touch wanting in so many books of a similar nature. One may note the words at the end of some of the simples, "Probatum," or "Probatum est." What a world of meaning and satisfaction they imply!

I am indebted to Miss I. L. Gould and Miss B. M. Gould for the long labour and perseverance they have bestowed in decyphering the faded script, and to Mr. J. Manning Watts for his researches into the virtues and properties formerly attributed to these herbs, and for his investigation into the proper spelling of their names, which appear in the manuscript according to the light of nature.

It will be observed that the items in the Index are not always in strict alphabetical order. This will not, however, seriously interfere with reference to any recipe, and it has therefore been thought better to retain them as originally compiled.

H. W. LEWER.

11th August, 1908.

A BOOK OF SIMPLES

1. *The Wood-street Cake.*

TAKE a quarter of a peck of y^e finest flower, mingle into it a little salt & some beaten Cloves Mace & Nutmegs, a pound and halfe of Currance wash'd and dry'd, & a pound of Raifins of y^e Sun ston'd and shred, then straine in about a pinte of Ale yeast, and put in y^e yolkes of 10 eggs beaten with Rose water, put in a pint of Cream with 3 quarters of a pound of Butter melted in it. mingle all these well together, and knead it, cover it with a clothe and let it stand about an hour before y^e fire to rise, then mould it up and beat it out thinn in y^e edges and thick in y^e middle, then prick it or cut it wth a knife, and set it in y^e oven, when it is almost bak'd take it out and ice it on y^e top wth Rose water & sugar and sett it in y^e oven againe 'till 'tis enough, putt some musk or Ambergreece dissolv'd in y^e Rose water.

2. *Pectorals for a Colde or Consumption.*

TAKE one pound of brown Sugar Candy, one Ounce of Juice of Lycorisse, dissolve y^e lycorisse in 3 spoonfulls of Hyssop water, put to these a drachm of Orrice a drachm of Enul-campane, halfe a drachm of Gum dragon being all made into fine powder, muske a graine then take a drachm of oyle of Anni-seeds, worke it well together with your hand and make it up into pectorals of what bigness you please, lay them on a dish to dry before y^e fire or in an oven after drawn bread, and keep them dry.

3. *The Plague Water.*

TAKE Rue, Agrimony, Celandine, Sage, Wormewood, Balme, Feaverfue, Mugwort, Tormentil, Marygold flowers, Cowslip flowers, Pansie flowers leaves and all, Carduus, Angelicoe, Dragons, Pimpernel, Rosemary, Scordium, Purple wort, Burnet, Enul campane roots, of each of these halfe a pound shred small, then take Anniseeds, Carraway, Coriander, Cardamome, of each of these two ounces bruif'd, bruise alsoe your Enul campane roots, then steep all these in an earthen pott in two quarts of white wine and a gallon of y^e best Canary, mixing them well in y^e liquor, so let it stand till y^e next day, then distill it in an ordinary still close stop'd, still it as soon as you can keeping it close stop'd whilst it steeps and whilst you still it, stirring it when you put it into y^e still, soe keep it for your use.

Y^e Lady Downs adds wood Sorril a good quantity roots of Indian Sneake weed 2 pound burdock roots 1 lb.

4. *A very excellent Receipt against Convulsions which cur'd one had 9 Fitts a Day.*

TAKE Race onyons and black pepper of each a little quantity stamp'd pretty small and lay it to y^e soles of y^e feet keep it on 7 houres, whilst y^e party is in y^e fitt force them not to take any thing inwardly but anoynt y^e wrists on y^e inside, y^e palmes of y^e hands, y^e Temples and y^e nostrills (if it be a childe) with Methridate (if not) with oyle or spirit of Amber, between y^e fitts let it drinke black cherrey water sweetned with syrrop of Cloves & syrrop of Pyonies for a weeks time after y^e fitts first and last let them ware a necklace of single pyonie roots alwayes about theire neck, avoid giving syrrop of Violets if you fear fitts, but syrrop of Roses and Succory is good to

be given together when coftive this may be given to children of any age.

5. To make Ebulum Drinke.

PUT one peck of Elder berries to the quantity of halfe a hoghead of Ale 2 penny worth of Ginger sliced 2 nutmegs and a penny worth of Cloves & mace bruise all your Spices boyle all together with the berrys till they breake, then strain them through a Straining Sive and when tis coole as your usuall wort put barm to it as to beer, there must some hops be boyl'd in it. And when fitt to bottle, bottle it with a lump of loave Sugar it will drink much y^e more Lively. it is good for y^e Spleen or Dropsy.

6. To make Vinegar.

TAKE Sower grapes pound them and press them through a hair bag as you do Sider. & to every 4 Gallons put as much Allom as a walnut then boyle it well and Scumme it as the Scumme riseth as clean as possible then Coole it and when through coole put it into a vessell and when Stale use of it and it will be very good vinegar.

7. To make Gooseberry or Currant Wine.

TAKE 2 Gallons of Spring water Set it over the fire boyle it a little then put 4 pound of powder Sugar let it boyle and Scume it well take it off and Strain it and when it is as coole as wort put 2 spoonfulls of barm to it let it worke a little then to every gallon of water put 5 quarts of Gooseberrys or currants first hand pick't and bruised put it in a little barrell & stir it once a day & keep it close Stopt let it stand 3 or 4 days and when you once begin to See it Sink Strain it through a jelly bag and put it in the Cask being waished out with the Same liquor Stop it up

very close & when you think it may be fine draw it off into bottles.

8. *To make Methegline.*

TAKE 12 quarts of honey to 12 gallons and a pottle of water and a fagott of these following herbs Sweet bryer Sweet marjerrom, rosemary and muskecouise of each a small handfull and boyle them in the water and honey all the time it boyles and that must be a full hour, keep scumming of it clean, then take a bag of these following Spices nutmegs, Cloves mace and cinament, a quarter of an ounce of each but most of nutmegs tie them up in a bag with a bullet in it that may cause it to Sink into the middle of your liquor as it boyles, and let it boyle above a quarter of an hour, then take it off and take out the herbs and Spices and Set Some a cooling, and when as coole as wort put in about half a pint of Ale barm, and when coole enough and that it hath got a good head tun it up as you do Ale, or other liquors, and when it hath done workeing hang in again the Same bag of Spices you took out into your barrell Stope it up till it be clear and then bottle it up.

9. *A Plaiſter for ye Spleen to be made in May.*

TAKE mellilot and cammomile of each 3 handfulls, paffley and plantin of each one handfull, and stamp them together, a pound of Sweet mutton Sewet, 12 ounces of virgins wax, 3 pound of rozin, a pint of white wine, Shred the wax and Sewet and beat the rozin put all together in an earthen pot and let it stand over the fire till it be all melt'd together, and then take it off and cover it close let it stand 1 day in cellar then Sett it over the fire and let it boyle halfe an hour, then take it off and strain it into 2 dishes puting some water into the bottom of the dishes, and when tis cold you must fold it up close in oyl'd

paper it will keep four or five years. you must use this when you feel the pain on the left Side, and cut a piece of Sheepskin the breadth of your hand or more and about a quarter of a yard long and make it hollow in ye middle of the uper Side as the Spleen lyes and prick it full of holes on the fleshy side of y^e leather, Spread it thin and Lay it to your left Side where you feel your pain and when it will stick no longer you may make a fresh one if need require this use allways when you feel your pain & you Shall never be troubled with the Spleen & it will prevent many other diseases that may come by reason of y^e Spleen.

10. *To make Aquamirabilis the Lady Atkinfes way.*

TAKE Cardimum, cubibs, mellilot flowers, gal-
lingall nutmegs; ginger mace and Cloves of
each a dram all these must be bruised and infused one
night in 3 pints of white wine one pint of aquavite
one pint of the juice of salendine the next day distil
them in a close Still twill run a pottle keep the first
quart by it Selfe you must put to the whole three
quarters of a pound of white Sugar candy beaten very
finely. Divide it between 2 glasses and let the mira-
bilis drop into the Sugar candy and it will dissolve
when you put all these things into your close Still put
in a little bag of Saffron put to y^e infusion a handfull
of y^e tops of rosemary flowers w^{ch} will give it a deli-
cate taste.

11. *To make Small Wine otherwise called Solerion.
You may do Raspberry this way.*

TAKE 2 gallons of Spring water set it over the fire
and let it boyle well, take a pound of reasons of
the Sun Slit them open but not Stone them and take
a pound of white Sugar and when the water is boyl'd
put the Sugar & reasons to it, either in a Steene or
Cafke put y^e juice of 3 lemons and the rine of one

thin pared Stiring it once a day keeping it close Stopped let it Stand 3 nights and 2 days. let it run through a jelly bag. bottle it up and in 8 or 9 days 'twill be fit to drink.

12. *To make Wigs.*

TAKE half a peck of flower, 2 ounces of carraway and anyseeds then take a pint of yest the yolkes of 3 eggs a little Salt one nutmeg half a pound of Sugar beat the Sugar and nutmegs bruise the Seeds take a quart of milk Scaulding hot but not to boyle then put into your milk half a pound of butter, & break another half pound of butter into the flower if you please put in 6 or 7 spoonfulls of Sack and as much rosewater wth your other things then put in your milk by degrees mix it together well but knead it not at all then pull it in little bitts 2 or 3 times then mix it up again and mak them up in wigs lying will make them heavy. half an hour will bake them.

13. *For the Giddiness in the Head.*

TAKE an ounce of comming Seed and Steep it in white wine all night as much wine as will cover it and then you must dry it in an oven after the bread is drawn and dry with it an ounce of Juniper berrys & a handfull of rue then you must beat all these together to a fine powder and when you use it take as much of the powder as will lay on a Sixpence in a Spoonfull of honey well mixed together or in a Spoonfull of Sugar and take it dry.

14. *How to Stue a Rump of Beef.*

TAKE the rump of beef and Stuff him with par-sley and broad time & about half a nutmeg with a little beef Sewet then put him in your pan with as much water as will cover him & so lett him stew with whole pepper, Cloves and mace of each a little quantity till he is tender then you must take him out

& stick him wth cloves then stew him again with 3 pints of the first liquor and 2 quarts of claret, then you must Scrape in 2 nutmegs 4 anchovise the bottoms of 4 hartichokes a little shellot half a lemon a few pickled oysters, half a score of turnips cut in half quarters & fry them in Sweet butter till they be tender then put in some Safages: for herbs lettice and spinnage and green beets of each half a handfull boyle them in a Skillet of water so drop them out & put them in the stewing; if your Soope be not thick enough then thicken it wth crums of brown bread.

15. *To make Almond Cakes.*

TAKE one pound of Almonds blancht in cold water beat them in Rose water take a pound of double refined Sugar beaten and Searcht, 8 spoonsfull of fine flower 8 new laid eggs both whites and yolkes Some Corriander Seed prepared, butter your plats and Shake some double refined Sugar on them.

16. *To make Biskit.*

TAKE 2 pound of fine Sugar beaten and searched then to a pound and a half of it put a pound of the finest wheat flower, take 8 eggs and beat them with 2 spoonfulls of Rose water, mingle your flower and eggs together, then take an ounce of anyseeds being a quarter of an hour in white wine and as you beat your biskit put in your Seeds and when the biskit begins to look white put In your plats & Shake Some double refined Sugar on them.

17. *To Bake a Rump of Beef.*

TAKE a rump of beef and bone it Season it with pepper and salt put it into a pan and then put to it a little quantity of claret & ale enough to cover it about 8 anchovies 2 handfulls of capers 6 hole oynions, 3 or 4 branches of Sage, time and winter

Savory, 3 or 4 heads of Shollot a little quantity of lamakoe pepper whole, lay the bones on the top of the beef and cover it close with paste and lett it Stand in the oven six hours the oven being very hot.

18. *The Black Seare Cloth.*

TAKE half a pound of the best virgins wax and half a pint of oyle of roses and half a pint of oyle of olive melt them altogether let them coole in a pan till it be half cold then take half a pound of the finest white lead you can get, pound it as fine as possibly you can put this into the oyle and put it over a fire of coles and let it boyle half an hour then take 2 ounces of mastick 2 ounces of frankincense 2 ounces of mirrh 2 ounces of Gum oblibanum beat them into fine powder then put it in and let it boyle half an hour more, then take a quarter of an ounce of camphir and put it in and Stir it till it be black then take it from the fire and dipe your cloth or make it up in roles for your use.

19. *To make Lemon or Orange Water.*

TAKE the peels of 8 lemons or oranges and pare of the white very clean from them then put them into a quart of brandy, then take one pound of double refined Sugar or other loafe Sugar and put it into a quart of water and let it stand 24 hours then mix the water and brandy together and strain them through a double flannin bag so bottle it up for use. Some steep y^e peel 3 days before and after y^e water is added sweeten it with white Sugar Candy & hang a grain of musk & ambergreefe in the glafs.

20. *Cowslip Wine aproved.*

TAKE 3 gallons of fair water put to it the best of powder Sugar or Loaf Sugar 6 pound boyle it together half an hour or better, and as the Scumme

rifeth take it off then pour it forth and set it a cooling and when 'tis almost cold take a spoonfull or better of good barm beat it well together with 12 spoonfulls of Sirrup of cittorn or lemons then put it some of the liquor being almost cold let it stand a while to rise put in a Gallon of cowslip flowers bruised in a marble mortar into the other liquor the while then put it altogether brewing it up and down with a dish then let it stand in an earthen pot close covered with a cloth, to worke 2 or 3 days then strain it forth and put it into a runlet that will just hold it and when it worketh not over Stop it close and 3 or 4 weeks after bottle it putting into each bottle a knob of Loaf Sugar it must not be dranke in a month twill keep good a year.

21. For the Worms.

TAKE an orange cut off the top pres out the juice as near as you can then put into it half a spoonfull of oyle of bays of the juice of rue and wormwood of each half a spoonfull powder of 4 or 5 lupins dry'd with as much treacle as will fill an ordinary thimble then stop the hole with the piece you cut off tye it up close and fast that nothing get out or in, then Seeth it well and when it is cold anoynt the navell, nostrills, pulses and temples of the party therewith troubled with the Stuff it paseth all other medecins for y^e worms what ever.

22. For a Cold.

TAKE a quarter of a pint of horehound water a quarter of a pint of coltsfoot water a pound of reasons of the Sun Stoned pound the reasons very well then mingle these together then set them on the fire boyle them like marmolet then take it off and put it into 2 ounces of honey and one spoonfull mustard then set it on the fire & let it fimer a while then

put it into a pot and take as much as y^e quantity of a walnut first in ye morning & last at night.

23. *To make Fruit Biskit.*

TAKE the pulp of any fruit to 4 ounces of pulp take 6 ounces of double refined Sugar beaten and leached heat your pulp scalding hot and Sugar scalding hot into 2 several dishes when they are scalding hot pour your Sugar into your pulp and mix them and have ready whites of eggs beat into a froth and to such a proportion of pulp and sugar put in 2 spoonfulls of the froth a little musk and amber if you please then beat these in a silver or earthen basin with a Spoon for an hour or two the longer the better dry them in paper coffins of a pretty thickness; dry them either in a stove or coole oven.

24. *For Mother Fits.*

TAKE a pottle of ale and boyle in it 2 handfulls of red Sage and Scumme off the froth and when it hath boyled one hour take it off the fire and Strain it hard out that the strength of the Sage may remain in it and while it is hot put into it half a pint of dragon water and as much treacle Seane as will make it sweet to your tast, and drink of it warm first in the morning and last at night a good draught or at any other time you feel a fit coming.

25. *To preserve Green Aples.*

TAKE the greenest small aples about St James tide and set on a Skillet of water on ye fire till it be ready to boyle then take it off and put it into your aples covering them close till they will peel and against they are peeled have a skillet of hot water ready to put them in so cover them close and let them Stand on a few embers till they be very green then take them out and take to the weight of the aples the

weight and quarter of sugar then take of the water they were green'd in as much as you think will boyle them and make Sirrup for them & 3 quarters of the Sugar and boyle it up and scumme it then put in the apples and let them boyle till they be half done then set them by till the next day then take them out again & boyle the sirrup with the rest of the Sugar then put them in again and boyle it softly till they be done keep them covered in y^e sirrup & waters.

26. *Mrs. Thorps for the Mother Pitts.*

TAKE the juice of Tanfie and drink it with beer it hath done much good but hurtfull if with child.

27. *To make a Calves Head Hashe.*

AFTER you have boyled the calves head take out all the bones from it when it is cold you must cut the meat in thin slices and put in a stew pan with some strong broth and white wine and oyster liquor and a few of all manner of sweet herbs 4 or 5 shellots and let it stew on a charcoale fire and when it is almost enough put 2 or 3 anchovies minced and yolks of 3 or 4 eggs well beaten with a little white wine and a piece of butter and shake it well together on a quick and put it in a dish on sippets and lay over it 5 or 6 sheeps tongues boyled peel'd and slit in halves and as many veal sweetbreads & a few thin slices of bacon & a few bay leaves in yolks of eggs fry y^e brown in butter and lay them on your hashe & bacon & lay leavs on the brim of ye Dish and Garnish it with slices of Lemon and Send it up.

28. *To make Forced Meat.*

TAKE a leg of veal or Lamb and mince it small with the same quantity of beef sewit and after sweet herbs then put to it a little grat'd bread and the yolks of 2 or 3 eggs then season it with pepper

and Salt cloves mace and nutmegs, and make them in balls you may fry boyle or butter them.

29. *For a Cold.*

TAKE half a pound of reasons of the Sun Stoned and 1 ounce of liquorish and 1 ounce of Elicompane made into fine powder beat your reasons then pour in them till they come to a conserve adding thereto 2 or 3 spoonfulls of Red rose water if a thick ruehm lessen your quantity of Elicompane & take of this morning noon & night. Probatum.

30. *To make a Frigacy of Chicken.*

BREAK the bones of the chicken and cut them in quarters and season them with cloves mace and nutmegs and salt with a little pepper and a few sweet herbs and put it in a stew pan with some broth or gravie a little white wine and strong ale a little oyster liquor and a few oysters cut in pieces and let it stew on a quicke fire and when it is almost enough put in 2 or 3 shallots minced small and 2 or 3 anchovise minced the yolks of 2 or 3 eggs well beaten with a little white wine and a piece of butter and Shake it well together and put it in a dish on fippets.

31. *For any Cough old or fresh.*

TAKE a quartor of a pound of blew currans an ounce of Anyseeds and a penny worth of liquorish makeing it and your seeds first into powder then beat your currans to a kind of a conserve strewing in your powder as you beat them then take of the best maiden honey you can gett putting thereof as much as will moisten all this seting it on the fire let it fimer a while but not to long lest it be clammy so take from the fire and keep it for your use. take it as oft as you please upon the poynt of a knife the quantity of a nutmeg.

32. *For a Cold.*

TAKE a pint of virgins honey set it on the fire and put a good spoonfull of liquorish anyseeds elecampane all this being first beaten in fine powders, let it simmer a little then take it from the fire and put it up in a pot for your use. eat of it as oft' as you please especially going to bed makeing up 3 pills as big as a small nut rowling them up in powder of liquorish or Sugar candie.

33. *For a Cough.*

TAKE 4 quarts of Spring water 2 ounces of green liquorish sliced 2 ounces of powder of brimstone 1 ounce of colliander seed bruised and soak'd in vinegar a little then pour out the vinegar from it boyle all the other things together until it be half boyled away then put in the colliander seed when it is off y^e fire. Soe let it stand close covered and drink of it 7 or 8 spoonfulls in a morning fasting fast an hour after it and drink it till you have taken it all.

34. *For a Cough.*

TAKE an ounce of conserve of red roses the quantity of an nutmeg of dyascordieum and one spoonfull of the SIRRUP of poppies 3 drops and but 3 drops of y^e spirit of vitterill then mix all these very well together and take of this in the morning fasting and fast 2 hours after it and last at night the quantity of a nutmeg at a time. Probatum.

35. *For the Rickets.*

TAKE 2 quarts of Ifope water, take of liverwort maidenhair Hissop Speedwell Strawberry leaves violet leaves of each a handfull, 3 leaves of hart-tongue better than half a pound of raisons of the Sun 6 figs boyle all this till it come to a quart then strain it and boyle it again with 2 penny worth of saffron

2 ounces of brown Sugar Candie a piece of Gold a stone of Amber boyle it every 2 or 3 days or 'twill be soure and so keep it a fortnight give 3 spoonfulls at a time morning and evening & when the child will take it you must give it twice or thrice ere the child will be well if you give it in the fall or winter you must give it once in the spring after.

36. *For Children that have Wormes.*

TAKE spermint and rue a like quantity to make a bundle you can hold in the hollow of your hand and boyle it in new milk and a spoonfull of wormseed after your herbs have boyled a while put in your seeds and y^a boyle it a walme or 2 then give the child as much as it will drink first in the morning fasting an hour after it if costive Sweeten it with honey give this full & changes of y^e moon.

37. *A Small but very effectuall Cordial Powder.*

TAKE tormentil scabious Bittony pimpernel of each one handfull and Shread them and steep them in a pottle of sack till the vertue be out of the herbs then strain it out from y^e herbs haveing a pound of the best Bole Armeniack in very fine powder finely seached then put your powder into a deep earthen bason and wet your powder with your strain'd liquor every day till it be thoroughly moistned as thick as a pulp or conserve till often weting hath dranke up all your liquor Seting it in the Sun every day oft stirring it and when all your wine is dried up make it up into cakes add 12 penny worth of saffron to it before you wet it finely powdered dry your cakes in the Sun & then keep them for your use. Scrape and give to a man as much as will lye on a shilling to a woman less to a child less. In cardus or dragon or Small cordial water it will cause sweting tis good against heats and colds sickness thence or pains in the

limbs or heart or Stomake or for a woman lying in child bed takeing cold and causeing stoppages, 'twill drive out small pox or meazels or any heaviness at the heart.

38. *A Stronger Cordial Powder.*

TAKE a pint of white wine and a pint of sack to these following herbs scabious cardus bittony egremony of each a little handfull and tormentil roots you may add any cordial flowers rosemary or what you please Shread your herbs and Steep them till the vertue of the herbs be soaked into the wine then take half a pound of Bole-Armeniack in fine powder and 2 ounces and a half and a dram of the black tips of crabs claws in powder and an ounce of hearts horn in fine powder and mingle all your powders and put them into a deep earthen Balon as the former and moisten them every day with your liquor setting it in the Sun and when you put in the last wine liquor often Stiring it every day at last add to it half of metriedate half an ounce of Diacordium half an ounce of Venice treacle and a dram of saffron finely powdered and mingle it all very well together then make it up into little balls throughly drying them Keeping them so for your use. give of this as the former to a man as much as will lay on a shilling to a woman as much as will lay on a Sixpence to a child as much as will lay on a groat, 'tis good for any weaknes, heaviness at heart, or to cause sleep weomen in child bed or as the former.

39. *For the Balsame.*

TAKE one pound of the best venice turpentine and 3 pints of Sallet oyle of the best bees wax half a pound one ounce of red sanders in very fine powder half a pint of red rose water and one pint of malligoe sack first beat your turpentine in the red rose

water till it be white next beat your Sack and Sallet oyle well together then cut your wax in small pieces then take a clean brass pan or kittle let your kittle be twice as big as to hold the quantity of your ingredients then Set it on a clear charcole fire then first put in your wax and let it melt then take it off and let it coole a little then put in your rose water and turpentine then your sack and Sallet oyle, as fast as you can, then let these boyle softly together a while always stirring it then take it off the fire and let it stand till it be cold then scrape off the filth from the bottom of the cake, then clean your pan and melt it again and let it simmer a while over the fire again, then take it from the fire and put in your Sanders by degrees keeping it still stirring untill your Sanders be all in then pour it into a well Glazed strong earthen pot and keep it stirring till it be quite cold then cover it up very close with ledd, that no air may get into it, and bury it in a garden deep in the ground and so let it stand a year round bean blowen time is the best to make it in.

The Vertues of it followeth:

IT is good to prevent the plague by anointing the lips and nostrills therewith tis good for deafness being spert'd into the ears with a serenge, tis good to heal any wound, inward or outward, inwardly by the Serenge outward by being pour'd warme into the wound aplying fine lint dip'd into the same balsame being melted laid upon the mouth of the wound, it commonly cures in 7 times dressing provided that no other thing either before or while thats using be applied thereto, so that if brains, heart guts or liver be not toucht it will save life, its good for scaulds or burns either by fire or water and healeth without skare. helping the Siatica or any other each proceeding from A cold cause, in what joynt foever, it is a

present remedy for one that is poisoned by takeing presently the quantity of a quarter of an ounce. it is good for any swelling anointing the bunches thereof with it warm it helpeth the stinging of adders snakes and all such venomous creatures being dranke in warm milk and applied to the place stung it is good for the infected of the meafells or plague, takeing a quarter of an ounce 4 mornings together and swet upon it: it is good inward or outward it is good for sore breasts, being applied hot if broken, otherwise not, and in case it must be broke this will do it but it must be used ten days together although it seem worse yet use it: provided it be not a cancer it must be dressed twice a day cheast gently in with a warme hand keeping the first cloth to it but if it be broke and run much put a little piece of cloth over those holes that may be shift'd to keep them from sticking but not els; it helpeth the wind collicke or stitch in the side being applied warm a good quantity plaister ways for 4 mornings together; it helpeth the piles anointing them therewith.

40. *To pot Venison to keep all the year.*

TAKE your venison and where it is lean slit it, and then take a bunch of feathers and a porranger with clarret wine in it and dip your feathers in it and waish the slits then put in some of your seasoning and take y^e fat of bacon and cut it as thin as a treble paper and put it in the slits so doing in all leane places of it then place it in your pot and bake it up very well, put in more seasoning if you please after placed in the pot & when you take it out of the oven press out all the liquor as dry as you well can into a skillet and put in a faggot of herbs as bays rosemary marjerrom to your liquor in the skillet then take a stick of wood and measure y^e depth of it and make a notch in the stick that you may know when tis boyled

just half away then take out the herbs and pour the liquor on your venison in your pot as hot as you can and keep it in and when tis almost cold then melt up your butter, to cover it up, but let not your butter be to hot lest it melt your jelly on your venison, but let your butter be onely warm enough to pour out to cover up your venison and it will keep thus a year round and not taint but eat moist and sweet to the last. but if your butter be strong after long keeping then a day or 2 before you intend to spend it Set it in an oven but warm enough to melt off your stale butter and pour away your stale butter from it and pour on fresh butter upon it and you shall not know it from new baked venison.

41. *To make Cowslip Wine.*

TAKE five gallons of Spring water put it into an earthen pot put to it a bushell of pickt cowslips flowers and to them 20 pound of malligoe raisons waished and shred stir them altogether, keep it close cover'd with a sheet and blanket, let it stand as y^e fire may come to it, but not to hot, keep it 9 days often stirring it in a day then Strain it through a hair five put it in a runlet it will be ready to drink in 14 days.

42. *Another Cowslip Wine.*

TAKE 6 gallons of water and 12 pound of powder Sugar and the whites of 12 eggs well beaten, mix all these together and set it over the fire, stirring it first then let it boyle one quarter of an hour then take a bushell of cowslip flowers then bruise them in a stone mortar then scumme the liquor and put it to y^e cowslip; cover it and put 2 lemons rine and all cut very thin, put as much of ale barme as will make it worke then tun it up into a runlet and put into it 2 quarts of rennish wine, and when it hath done worke-

ing stop it up a fortnight, yⁿ bottle it with a knob of Sugar in each bottle.

43. *To make the Eye Water.*

TAKE Eyebright and Sallendine and brown fen-nell of each two handfulls you must chop these herbs take a pint of urin made by a vergine and a pint of red rose water and still it in a cold still tis good to put back y^e rume in y^e eyes or to take away any spot in the eye you must take and drop half a dozen drops into the eye untill it run out at y^e other corner this do every night for 3 nights let it rest a week and then if need require you may drefs it again it will keep a year very well.

44. *For the Rickets.*

MAKE a Sack posset boyle in it harts horn Ivery and rosemary and give it the child now and then, also take a quart of wort put into it a handfull of maiden hair one handfull of liverwort that grows on the banks half a pound of raifons of the Sun Stoned boyle all together to the waisting of one quarter put into it a penny worth of red Sanders, Strain it and put to it 2 ounces of red sugar candie boyle it a little again give the child 3 spoonsfulls of it at night and 3 spoonfulls every morning.

45. *An Ointment for the Rickets.*

TAKE lavender rosemary pennyroyal featherfew and camamile of each a like quantity cut and bruise them and then boyle them in a sufficient quantity of butter and make it into an ointment, mix it in a little neats foot oyle wherewith anoint the child's wrists and ancles every morning and night also the right side under ye short ribs.

46. *To Kill a Canker.*

TAKE 2 spoonfulls of honey and one spoonfull of treacle and half as much rock allum as the quantity of a wallnut beat to fine powder and boyle these together over a cheafen dish of coles till it be pretty thick then take it off and let it coole then anoint the cankers with a cloth tyed upon a stick the oftner you anoint it the better twill be you must keep stirring it as long as it doth boyle, it will be like a firrup when tis cold.

47. *For any Aguish or HeBick Feavour in Children when they grow Weak and Forsake their Meat.*

TAKE 2 penny worth of the sneezing powder root and pound it small then pound 3 ounces of curants unwaish'd only pickt clean from stones, then mingle these together and lay it to the handwrists, then cut a small orange in halves & put one half to each of the handwrists then bind it on 4 days and if the party mend not in that time take it off and put on fresh in the like manner and keep it on as long a time.

48. *To make Orange Cakes.*

TAKE your oranges and chip them then quarter them and cut out the meat and then take the rines and boyle them till they be very tender then take them and dry them in a napking and shred them very small then strain in your juice through a piece of tifany then take the weight in sugar and set your sugar on the fire and put in as much water as will wet it to a paste then you must boyle it to a Sugar again then take it off the fire and put in your meat stir it in then put by all your fire and set it upon y^e hot hearth to dry turning it, it must not boyle then put it out into sweet meat glasses till it be pretty stiff then put it upon your sheet of glafs and set it in a stove

the stove must be warm you must keep a moderate heat in it and so dry them up.

49. *A Perfumed Water.*

TAKE a gallon of Spring water a handfull of lavender flowers and as many pinks 3 handfulls of damaske roses as much sweet marjerum the peels of 6 oranges 12 cloves bruise all these and put to them one ounce of orris powder 4 ounces of benjamin powdered put all in a rose still and draw off the first quart by its self and then a pint you may draw after another water from the lees which will serve for present use but not keep put into your quart bottle 12 penny worth of muske and into your pint bottle fix pennyworth tyed up in a piece of serfnet and a little ginger sliced very thin about as much as will lay on a half crown, 2 or 3 spoonfulls will sweeten a bason of water, Stop it close.

50. *To make Mumme according to the Direction recorded in the Town House of Brumswick.*

TAKE a vessel containing 63 gallons the water must be first boyled to y^e consumption of a 3^d part at least let it then be brew'd according to the act with 7 bushells of wheat malt one bushel of oat malt and one bushel of ground beans and when it is tunnd let not the hoghead be to much filled at first, when it begins to work put to it of the inner rine of firr trees 3 pounds of y^e tops of firs and birtch of each one pound of cardus benedictus dried 3 good handfulls of the flowers of rosafolis 2 good handfulls, of burnet, betony marjorum avens pennyroyall, elder-flowers, wild time, of each a handfull and a half, seeds of cardomum bruised 3 ounces, bay berries bruif'd one ounce put the seeds in y^e vessel when the liquour hath wrought a while with the herbs alone and after they are aded let the liquor worke over the vessel as

little as may be, fill it up to the top, and when 'tis to be stop'd up, put into the vessel ten new laid eggs ye shells not broken nor crackt then stop it very carefully and at 2 years end drink of it, if it be transported by sea tis better. Dr Egidius Hofman adds water creases brooke lime and wild parsley, 6 handfulls of horfraddish scraped in every hogthead, and it was observed that the mumme in w^{ch} y^e horfraddish was put did drink with more quickness then that which had none.

51. *Quince Wine.*

GRATE your quinces and strain them in a coarse strainer and strain your juice through a flannin to every gallon of juice take a pound of fine sugar Stir it untill your sugar be melt'd then put it into a barrel and bottle it after 24 hours.

52. *Captain Greens Powder for to make Water for Sore Eyes and Sores, the Powder to be Calcinde.*

TAKE 4 ounces of vitriol and one ounce of camphire after it is finely beaten with an almond shake it lightly into a black earthen pot well glazed, then shake the vitriol after it is finely beaten and search'd and shake it in lightly upon the top of the camphire and set it in a deep chafing dish and keep as soft a fire as can be possible about it and let it stand there till it be first dissolved to a water and then to a hard stone you must take care it do not smoke for y^t will spoil the camphire as soon as the camphire is melt'd that the vitriol is sunke down then cover it with a paper and a saucer upon that with a weight, and continue to keep a soft fire under it till it be turn'd to a stone and then take off the pot and let it alone till the next day and then you must break the pot to gett it out, and when out you must beat and search it very fine, and when it is as

fine as you can possible make it then bake 4 ounces of bole armeniack and beat again with it till they be well mingled together, then weigh it into half ounces, and every half ounce will make a quart of water, an ale quart for eyes and a wine quart for sores. the bole Armeniack must be finely beaten and searh'd before it is mingl'd with the other.

53. *To make Sirrop of Lemons.*

PARE your lemons that no white be seen then slice them and take out ye seeds and take the same weight in double refined sugar well beaten and fasten a stronge thread net over a Silver bason or earthen bason then lay on some of your Sliced lemons cover them with Sugar then more lemons so do till all be on, then Set it in a cool Seller for 3 or 4 days then pour it in a stone pot let it stand warme 24 hours then Scumme it and put it up. you may put more Sugar if you please.

54. *To make Sirrop of Clove-Gilly flowers or any other flowers but Violets.*

CLIP the whites from the flowers bruise them a little in a stone mortar then take y^e weight of your flowers in fine beaten sugar, take a silver or stone pot put a laying of flowers then of sugar do this till all be in then close y^e pot and in boyling water keep it still seething for 4 or 5 hours then straine it and set it by the fire till y^e scumme rise take that off when cold then bottle it, you may put the flowers in sack or french wine and let them lye 9 or 10 days close stop't then strain it and bottle, it will be very pleasant and Cordial, if you make your sirrop by infusion tis best to do it either with pinke, balme, or burrage water which you must warme a little and pour on your flowers as much as will cover them, let it stand 12 hours then strain it and put in fresh

flowers so do 4 or 5 times then to every pint of liquor take a pound and half of Sugar finely beaten, put it in a Stone pot set it to y^e fire in a Skillet of water till the sugar be all melt'd then scumme it and keep it for use.

55. To make small Mead.

TAKE 10 quarts of water to one quart of honey first boyle your water and in it a handfull of herbs made into a bundle such as you best like, as rosemary balme, Sweet marjerum and the like Scumme your water very well and when boyled half an hour or more take out the herbs, then put in your quart of honey to your ten quarts of water and boyle it near an hour scumming it all the while it boyls, pour it then into some coolers and when as cool as wort put in some ale yest, if but 10 quarts of liquor then 2 spoonfulls of yest is enough, if more you must proportion your yest to it, let it stand in the cooler till it be white all over then tun it up into a good vessel that hath had sack or white wine in it and when it hath done workeing Stop it very close and let it stand in the barrel a week or 10 Days then draw it into bottles keeping it close Stop'd and in a months time you may drink of it keep it as coole as you can.

56. A brewed Drink for Rickets.

TAKE tamariske and the inner barke of a young ash not 20 years old and agrimony Speedwell Succory coltsfoot cliders maiden hair ceterach otherwise called Spleenwort and cowslips of jerusalem of each of these a handfull and boyle it in 5 gallons of middle beer an hour and half and bruise the bark and boyle it an hour before the other things be put in that so it may have an hours more boyleing than y^e herbs than strain it and worke it as other Drink and tun it as soon as it is tuned up put into it

the juice of 4 handfulls of scurvy grafs and 2 handfulls of water cresses, then take a handfull and a half of liverwort and as much harts tongue very clean pickt and bruised and put it into a thin linnen bag and a little stone or bullet to sinke it, & hang it in the drink about the middle of the vessel and at five days old let the child drink of it all times if you can you must put into it a handfull of osmund royal roots or osmund fearn roots called fox fern roots for it hath these 3 names and 2 handfulls of Scurvy grafs roots.

57. *The Sovereign Balfame.*

TAKE venice turpentine one pound, oyle of olives 3 pints, balfame of perrue half an ounce, oyle of St Johns wort one ounce, red Sanders one ounce, yellow wax half a pound Sack 6 spoonfulls, cut the wax in thin slices put it over the fire in a clean Skillet, when it is thoroughly melt'd put in the turpentine when it is first waished in red rose water 3 times Stir them very well till they boyle then take it off the fire and let it cool till the next day then take it out of the Skillet again and cut it into thin slices to get out the water then put in the oyle of olives the Sack and the oyle of St Johns wort with the red Sanders and balfame and stir them till they incorporate, then boyle it a pace then take it off the fire and stir it for 2 hours to thicken it, then let it cool puting it into small pots, it will keep twenty years.

58. *To make Biskit.*

TAKE one pound and a quarter of fine fugar one pound of eggs one lb of flower, beat your eggs and as the froth riseth scumme it off & mix it wth the flower and Sugar till all the eggs be in them beat it very well and let it stand by a fire half an hour then butter your plats and set them in a pretty warme oven.

59. *To make Cakes of Quinces red.*

TAKE barberryes and infuse them and when they are very soft take them and stamp them with a spoon and strain them, then have some quinces ready scalded and pared then take the pulp of the quinces and mix it with the barberryes then take the weight of it in Sugar and wet it with water then set it over the fire and let it boyle till it be Sugar again then put in your quinces and stir it over the fire till the sugar be all melt'd but not let it boyle then drop it on glass plats.

60. *To make clear Cakes of Quinces.*

TAKE quinces and pare them and cut them into water then set them over the fire and let them boyle very fast till the quinces be very tender then strain the jelly and take the weight of it in Sugar and wet it in water set it on the fire and let it boyle to sugar again then put in the jelly and set it over the fire and stir it till all the sugar be melt'd but it must not boyle then put them in glasses.

61. *To make Orange Cakes.*

SCRAPE your oranges with a piece of glass till all the deep colour be off, yⁿ take the peel off and rub it with salt and lay it in water a little while then take it out and dry it in a cloth then cut all the white from it and put the yellow peel into water to wash the salt well from it then boyle it tender in 2 waters when it is tender you must dry it very well in a cloth and shred it as small as you can, then take the juice and meat of your oranges and put to the shred peel but be sure that there be no seeds nor strings in it, it must be very well broken with a spoon then you must take the weight of your oranges in double refined Sugar, melt your Sugar with fair water and set it on the fire and let it boyle and scumme it well and when it begins

to candie put in your orange and let it stand on the fire stirring it till the Sugar be melt'd it must not boyle, then put it in cake glasses and Set it in a warme stove and when you find it candied at top and jelly'd turn it on plates and so keep it turning as you see it candie till its dry.

62. *To make Apricock Cakes.*

TAKE a pound of sugar and boyle it almost to a candie height then put a pound of Apricocks sliced very thin but not pared into it stir them about and let them stand on a soft fire till the sugar be melt'd then put them in cake glasses and set them in a stove & when they begin to dry turn them out on glasses.

63. *To make Sirrop of Violets.*

TAKE half a pound of pickt violets and put a pint of water boyling hot to them cover them close and let it stand one day then strain it out and to a pint of the liquor put 2 pound and quarter of Sugar and set it into a kettle of boyleing water and let the Sugar dissolve and scumme it well when its scaulding hot its enough and when cold bottle it.

64. *To dry Cherrys.*

STONE 6 pound of cherrys and put one pound of Sugar to them and let them boyle as quick as you can till they look clear then let them lay in ye sirrop 3 days then lay them on fives and set them in an oven after bread is baked 2 or 3 times turning them.

65. *To make Apricock Marmelade or Cakes.*

TAKE your Apricocks, pare, stone, and quarter them then take the weight of them in Sugar and put half of it to the Apricocks and set them on the fire and keep them Stiring lest they burn and when

they are tender take them off and mash them small then take the other half of Sugar and melt it with water and let it boyle a little then take it off and put in the Apricocks and stir it well together and put it in your glasse and in 2 days turn out your cakes on glasse to dry.

66. *To make White Quince Marmelade very good.*

TAKE a pound of quince and a pound and quarter of Sugar wet your Sugar pretty thin with water then put to it half a pint of stronge jelly made with the cores of quinces, pare your quinces and core them & quarter them and put them into your sugar and jelly, set it on a very quick fire and let it boyle as fast as possible it can and Stir it all the time you must keep out a little of the Sugar to Strew over it when its almost boyl'd, and when its enough and taken off y^e fire Stir into it 3 spoonfulls of y^e juice of lemons.

67. *To make a very good Posset.*

TAKE 3 pints of cream and boyle it with cinnamon and mace and one nutmeg quartered take a pint of Sack and the yolkes of 18 eggs beaten put your Sack and eggs and about three quarters of a pound of sugar altogether into a bason set it on a chafen dish of coles and keep it Stiring till its ready to boyle then take it off and set your Bason on the ground and take your cream boyling hot only first take out the whole spice then pour the cream into the bason holding your skillet as high from the bason as you can that it may froth with the pouring then stir the posset a little and set it on the coles again, close cover'd about half a quarter of an hour then strew on some Sugar & serve it in. if you make it with milk you may put in half the whites of the eggs takeing out the treds and beat your eggs very well.

68. *To make an Orange Pudding.*

TAKE 12 eggs throw away half the whites beat them very well and then put into them a little salt and 3 quarters of a pound of Sugar and 3 quarters of a pound of butter melt'd and the yellow rine of 3 oranges grated, make some good puff paste and cover your dish and pour in the pudding and cover it over with more paste 3 quarters of an hour will bake it, then eat it with orange. To make your paste to cover your pudding take 3 quarters of a pound of butter to one pound of flower breake your butter into the flower and temper it with warme water make it pretty stiff and rowle it quick.

69. *To preserve Damsens.*

TAKE a pint of jelly of Damsens and let it boyle a pretty while then put to it a pound of Sugar and let it boyle together a little while, Scumme it very well and let it stand till its almost cold then put into it a pound of damsens and let them just boyle up & let them stand till y^e next day then boyle them up again then put them into glasse.

70. *To preserve Rasberrys.*

TAKE rasberrys and currants and put some water to them and set them on the fire and let them boyle then strain them and take a pint of that jelly and a pound of Sugar and let it boyle till the Scumme be all risen then put in a pound of fair rasberrys and let them boyle as fast as they can, till they are clear, then take them up & put them in glasse and strain the jelly to them.

71. *To dry Apricocks.*

TAKE a pound of sugar and wet it with a quarter of a pint of water and let it boyle and Scumme it well then put into it a pound of apricocks pared and

stoned let them boyle a little then let them stand till the next day y^a boyle them up again so do 4 or 5 times till they look very clear then put them a runing from the Sirrop and lay them on glasses to dry and set them in a Stove turning them and 3 or 4 days after sift fine Sugar all over them and turn them every day till they are dry you may make chips this same way.

72. To make Raspberry Cakes.

TAKE your raspberrys and infuse them in a stone jug and when they are tender mash them small and take the weight of them in Sugar put the Sugar into a preserveing pan put as much fair water to it as will melt it and let it boyle to a candie hight then put in your raspberrys take it off ye fire and Stir it well and put it in your glasses and in 2 days turn it on glas plats.

73. To make Sirrop of Clove Gilly Flowers or Violets.

TAKE to a pound of flowers 2 pound of Sugar then put your flowers and Sugar into a Stone jug a laying of flowers and one of Sugar till they are all in then set it in water over the fire to infuse and stop it in close when the Sugar is dissolved it is enough then strain it out and set it over the fire in a Skillet till it be ready to boyle then scumme it clean and when cold bottle it.

74. To preserve Raspberrys.

TAKE raspberrys and infuse them to make your jelly then take your fairest raspberrys and put into the jelly and take the weight in Sugar and as much water as will melt it Set it on the fire and let it boyle and Scumme it well then put in the jelly and raspberrys and let it boyle a pace till they are enough then put them in your glasses but let the jelly boyle a little longer then put it to them.

75. *To dry Peaches.*

PARE and scauld your fruit very tender then take the stones out of them and lay them on a cloth to dry then take the weight of them in Sugar and boyle it to a candie hight and put your fruit in it and let it stand till the Sugar be melt'd and the next morning warm them and so do in the afternoon do so 3 days but never let them boyle So lay them on glassees to dry.

76. *To make PASTE of Peaches.*

SCAULD them very tender and mash them through a Sive and put as much of the juice of Spinage to it as will colour it green then dry it over coles and boyle the weight of it in Sugar to a candie hight and put in your pulp and stir it well together but not let it boyle then drop it on glassees to dry.

77. *To dry Apricocks or Chips.*

PARE and stone your Apricocks and lay them in your preserveing pan with some Sugar strow'd over them then take the weight of them in Sugar and wet it and boyle it to a candie hight and pour it to the apricocks and let them boyle till they look clear then take them off and let them stand till the next day then warm then and so do twice, and then lay them on a Sieve that the Sirrop may run from them, then lay them on glassees to dry in a Stove.

78. *To make very good Red Quince Marmalade.*

TAKE 4 pound of raw quince 4 pounds of Sugar, 3 pints of water boyle your sugar and water together and scumme it well then put in the quince and let it boyle softly till its of a pretty good colour, then let it boyle a pace uncover'd and then put into it a pint of strong jelly made with the cores of the quinces and some pipens when you put in the jelly put in half

a pound more of Sugar and let it boyle a pace till it jellys w^{ch} it will do in a little above a quarter of an hour.

79. How to preserve Red Quince.

PARE your quinces and core them then take the weight of them in Sugar and to every pound of Sugar you must put a pint of water and set your quince sugar and water over a gentle fire and let it boyle very softly and keep it close cover'd, and w^a it is 3 parts boyled you may put to 3 pound of quince and as much Sugar one pound of Sugar and a pint of strong jelly then make it boyle a pretty pace till tis almost enough, and when it is of a good colour tender and clear let it boyle as fast as you can a little while uncover'd then put it into glasses, you must make your jelly with the cores and pareings of your quince and some pippins boyled in as much water as will cover them, you must keep 2 or 3 spoonfulls of your Sugar to Strew on your quince when it is almost boyled to clear it.

80. To preserve Ripe Plummies in Jelly White.

TAKE your plummes and weigh them take their weight in Sugar put your Sugar into your preserving pan and as you pare your plummes rowl them in the Sugar and when they are all pared set them on the fire and let them boyle stirring them often and when you find them tender take them off and put them into glasses one by one; and for To make the jelly you must take some plummes and pare them and put them into a tankard and Set your tankard into a Skillet of water and let it boyle till they are very soft then let the jelly run through a Strainer and take the weight of it in Sugar put your Sugar into a preserving pan, and put as much fair water to it as will but

melt it then set it on the fire and when it boyles up put in your jelly and just let it boyle up then take it off and fill up your glasses if you will have them red you must pare them. The pulp of the plummess you make your jelly with will make marmelade taking the weight of it in Sugar put your Sugar into your preserving pan and melt it with fair water and set it on the fire and when it boyles put in the pulp and let it boyle a little then put it in your glasses.

81. *To make Clear Cakes of either White Plummes, Red Plummes, Damsons, Grapes, Raspberrys, Currants, or Cherrys.*

TAKE your fruit and pare them and put them into a tankard and Set in a Skillet of boyling water and let it boyle till they are very soft then let your jelly run from them through a strainer then take the weight of the jelly in Sugar and put it into a preserving pan and put as much fair water to it as will just melt it then set it on the fire and let it boyle to a candie hight which it will soon do then put in your jelly, and Stir it, not letting it boyle but take it off and put it into your cake glasses and set them in a stove and in 2 or 3 days turn them out of your glasses on pieces of glasse and keep them turning once a day till they are dry enough to put on paper.

82. *To make White Marmelade of Quinces or Pippins.*

TAKE your quinces and pare them and cut them in pieces and take the weight of it in Sugar and put your Sugar and quinces into your pan and set it on the fire keeping it stirring and breaking the quinces with a ladle all y^e while it boyles and let it boyle as fast as you can & when the quinces is very soft take it off and put it in glasses.

83. *To make Almond Cream.*

TAKE a quart of cream and boyle it with nutmeg and mace and take a quarter of a pound of almonds blanch them in cold water and beat them very well in a stone mortar with Sack and rose water and let it boyle till it is as thick as you will have it then Strain it through a corse Strainer being well boyled then sweeten it with Sugar to your taste and put in half a spoonfull of rose water and as much Sack.

84. *To make an Almond Pudding.*

TAKE a quart of cream and 2 manshets grated halt a pound of Almonds blanch'd and beaten very finely with rose water then take a little nutmeg and mace shred small take the yolkes of 6 eggs and some Sugar tie it up in thick cloth and boyle it and Serve it with butter and Sack.

85. *To make a Quakeing Pudding.*

TAKE 5 spoonfulls of flour and 9 eggs leave out 3 of the whites a pint and half of cream not to good, a spoonfull of Sugar and nutmeg take orange lemon citron mince it small and put to it tie it up in a thick cloth and when tis boyled put Sack and Sugar and butter.

86. *To make a Carraway Cake.*

TAKE 4 pound of flour 10 eggs but 5 whites a pint of ale yest and half a pint of cream a quarter of a pint of Sack or rose water half a pound of carraway cumfets half a pound of sugar half a pound of butter some saffron half an ounce of nutmeg of mace and cinnamon let your flour be dry'd very well then mix it with Sugar carrawayes and Spice beat your eggs very well & yest and Sack together let your cream

boyle and melt your butter in it then temper your cake let it stand half an hour to rise bake it in a paper coffin.

87. *To make a very good Cake.*

TAKE 6 pound of flower 3 pound of currants 2 pound of reason of the Sun Stoned one pound of almonds blancht and well beaten 20 eggs half the whites one quart of cream 2 pound of butter $\frac{1}{2}$ a pound of loaf Sugar 2 ounces of mace nutmegs and cinnamon half a pint of Sack beat your almonds with rose water and a quart of ale yest let your flour be dry'd and currants then put them together with the spices and reasons minced Small beat your Sack and eggs and yest all together let your cream boyle then melt your butter in it and stir it very well together then put your flour in the middle of the Ewer and put the yest on one side and the cream on the other Side and mix all together very well then put in your almonds and mix them very well together and set it by the fire and when the oven is hot put it into a paper coffin and bake it.

88. *To make Marmelade of Oranges.*

TAKE of the fairest oranges and pare them very thin and put them into fair water and shift them 3 times a day for 3 days together then boyle them in cloths till they be very soft then take your oranges and cut them small and take out the core and take to a pound of orange one pound of Sugar take a pint of the Fairest pippin water let it be very clear one pound of Sugar more then mix your pippin water to y^e 2 pound of Sugar then boyle it and scumme it and put in your cut orange to it and boyle it till it jellies, and squeeze a little lemon into it and put it into glasses.

89. *To preserve Pippins.*

TAKE a pound of Sugar to a pound of apples and boyle your Sugar to a Sirrop then pare your aples and cut them in halfs and cut out the cores and bruise them and put them into the Sirrop as you do them then put them on a very quick fire and when you see them begin to clear put into it a pint & half of apple jelly and a little renish wine and the juice of 2 or 3 oranges and have some orange peel boyled very tender and cut into long shreds and when you think they are enough put them into your glasse with some orange peel under and at top and Sirrop.

90. *To make Small Meade.*

TAKE 30 Ale pints of fair water one pound of reafons of the Sun Stoned 4 pints of virgin honey put your honey into the water and boyle it till the 3^d part be boyled away as soon as the Scumme riseth take it off and put in your raifons then let it stand in vessels till it be cold then worke it up with yest and when it hath wrought in the vessel Stir up the yest and that together and so tun it up if you please 2 or 3 days after it is tunned draw it out and put it into bottles and after 6 days twill be fit to drink.

91. *To make Sugar Cakes.*

TAKE 2 pound of flour and one of butter half a pound of Sugar one ounce of carraway Seeds a little mace Shred a little Sack and a little rose water worke these into a paste and make your cakes thin and cut them round with glasse.

92. *To make Little Cakes.*

TAKE a quarter of a pound of double refined Sugar beat it very fine then about the quantity of rasberrys, strained and then shake in the Sugar by

degrees keeping it beating a hour together and have the white of an egg beaten to froth then put in 4 or 5 drops as you beat the Sugar and rasberrys drop them on papers then put them into an oven that is a little warm then put them in your stove you may do Goosberrys thus but have a care to beat them one way or they will be heavy.

93. *To make Cherry Water.*

TAKE 4 pound of cherrys 5 pints of claret wine, half a handfull of the tops of rosemary 2 ounces of cinnamon bruised 2 handfulls of balme 2 nutmegs sliced Stone the cherrys let them Stand close cover'd in an earthen pot all night then Still it in an ordinary Still and mix it with Sirrop of Gilly flowers 4 ounces of white Sugar candie put into the receiver and let it drop upon it and so keep it for your use keep a quart bottle of the Strongest by it selfe and draw of the rest as long as you like the taste it causeth Sleep tis most excellent for y^e passion of the heart, tis a good restorative water twill ease one out of a Sound.

94. *Almond Puddings.*

A POUND of Almonds blancht and beat very fine with rose water to such a proportion take 4 penny white loafes grated very fine put it in a bowle and with it 2 pound of beef Suet Shred very Small and mingle it with the bread pour upon it one quart of boyleing cream Stir it together and cover it close down and let it stand an hour then put in your almonds and mingle them together and season them together with Salt and nutmeg cinnamon & Sugar to your taste 8 eggs leaveing out ye whites mingle them all together you may add a little Sack if you please, if you find your pudding to thick add cream if to thin add grated bread if not fat enough add more Sewit.

95. *Quince Cream.*

CODDLE your quinces scrape them and when they be cold sweeten them Sweeten your cream and boyle it and when cold put them together.

96. *My Lady Ingrams Cream.*

TAKE 2 gallons of new milk 3 pints of cream half a pound of Almonds beaten very fine so put it in and stir it altogether and Set it in a broad pan over the fire when tis ready to boyle take it off and let it stand a day and a night you must sweeten it with Sugar at first then take the glafs you mean to put it into you must cut your cream as broad & put the rest in the bottom.

97. *To make Pyramid Cream.*

FIRST wash one ounce of Icinglafs and lay it 2 days in rosewater then beat a pound of Almonds with a spoonfull of rosewater Strain them with a quart of cream or new milk then put in your Icinglafs and sweeten with Sugar to your taste then boyle it on the fire till a drop will stand then put it in a dish and stir it till tis cold then put it in glasses and put it in a dish you Serve it up in and put cream to be 4 inches above the cream.

98. *To make Gimboles.*

TAKE 6 eggs and put away 3 of the whites beat them an hour together with rosewater put to this a quarter of a pint of cream half a pound of Sugar and as much flower as will make it up in a paste as you rowle it into weaks then put in some corriander and carraway Seeds then when you have made them into what faishon you think fit butter your plats & so bake them. let not your oven be to hot to colour them.

99. *Biskit Approvea.*

TAKE a pound of fine Sugar beaten and searched
one pound of flower 4 grains of Amber greafe
3 grains of musk grind them with Sugar mingle them
with the flour and Sugar altogether you must dry
your flour then take 8 new laid eggs whites and yolks
beat them in a stone mortar with a wooden peffle for
the space of an hour put your Sugar and flour in by
little and little till it be all in then beat it for y^e space
of 2 hours together you must not let it stand still at
no time for the good beating makes it white and
light then put in 2 spoonfulls of anyseeds and Stir
them together then let your plat be buttered very
thin then warm your plats and dish it as fast as you
can then have your oven ready not very hot and put
them in presently Sifting Sugar over them, when
baked enough then take them out & pare y^e bottoms
of them and lay them upon paper to dry & harden
you must take them off y^e plats while warme.

100. *Sugar Cakes.*

TAKE 2 pound of flour dried & searched one
pound of loaf Sugar dried and Searched one
pound of butter, 6 eggs leaveing out the whites then
beat them very well & take a little cream & make it
into paste then rowle it & flat it as you will have it
& then cut it round wth a glafs and bake then in a
cool oven you must wash y^e butter with a little rose
water & see you dry it out.

101. *To make Jelly.*

TAKE 4 calves feet and when they be blanched
put them into a pot with a gallon of fair water
and let them boyle till they be consumed to half
Scumming it as it riseth very well then strain it
through a coulender into a dish and let it Stand till
the next day and through cold Slice it through in

great pieces taking the top and bottom as thin as you can and make of the rest putting it into a clean Skillet then take a pint of Sack or white wine and put to it and the whites of 6 eggs very well beaten to a froth one nutmeg 2 races of ginger both sliced one Sprig of rosemary and a little Salt and half a pound of Sugar and you must Sharpen it with a little lemon and a little vergis if it be sack then set all these in Skillet on a gentle fire Stiring it till tis ready to boyle & let it boyle a quarter of an hour without Stiring and Strain it through a jelly bag of cotton and put a lemon peel into it & let it run through of itself and keep it for your use.

102. *To preserve Green Walnuts.*

TAKE green walnuts of biggest Size you can get and of the biggest kind about a week after midsummer put them in a bag and boyle them in a great kittle of water till they be tender then peel off ye outward skin that looks black and put into every second a clove put them into somewhat more then the weight of powder Sugar and cover them in the dry Sugar and let them lay a day or 2 then boyle them up 2 or walms on a gentle fire. probatum.

103. *To make Cheesecakes.*

SET your best milk which is Strokeing and put in as much runnet as you think fit and when tis come brake it not but in a cloth and put it in a vate and set a light pres upon it and let it Stand cut your curd in pieces and put it in a mortar and grind and beat your curd put in the quantity of half a pound of butter to as much curd as a little thin cheese vate will hold when tis well beaten together put in a pound and half of currants and Some cloves and mace and Some rosewater with the eggs you must take 6 yolks and 2 whites and beat them well together with rose-

water and put in a pint of cream and a quarter of a pound of sugar when you have prepared the coffins fill them not to full and see you then put them in and when they are risen draw them out and then mix them together some butter melted and some Sugar rosewater, take a feather and wash them with it. your paste you must make as you do for tarts.

104. *To Preserve Green Apricocks.*

TAKE apricocks when the stones are firm in them and to every pound of apricocks a pound of sugar pare them very thin slit them up the scame as you pare them put them into cold water else they will lose their colour, being pared put them into a Skillet of cold water and set them on a fire close cover'd till your water be scalding hot and let them stand till they are pretty cold then Set them on the fire again till the water be Scalding hot then take them off till the water be Somewhat cold let the water be never more then scalding hot and a little colder after by degrees till they be as green and as tender as you will have them then take them out of the water and lay them in a dish and strew some of your weigh'd sugar on them else they will presently loose their colour then put your Sugar into your preserveing pan and to every pound of Sugar take a quarter of a pint of the same water as the apricocks was boyled in then melt your sugar and put in your apricocks and after a little boyling they will stone then put them into the Sirrop again and being boyled a while take them out y^e Sirrop and lay them in a broad silver dish and boyle the Sirrop to what hight you please if you boyle it to little it will not keep you may if you please put to these a grain or 2 of musk and Ambergrease pour the Sirrop while it is hot on the apricocks so let them stand till y^e next day then put them up into glasses.

105. *To Preserve Gooseberrys.*

GATHER the fairest round gooseberrys when they are at their full bigness & before they begin to be soft when they are new gather'd cut off the black tops and stone them strewing fine Sugar upon them as you Stone them then to 3 quarters of a pound of stoned gooseberrys take a pound of double refined Sugar finely beaten and lay half of it in the bottom of your pan then lay in your gooseberrys one by one all over upon the Sugar, then put in y^e rest of your Sugar but keep a Spoonfull or more of it to Strew upon it in the boyleing then Stamp a few gooseberrys the black being taken off and Strain the juice out of them and of that juice put in 12 Spoonfulls to this proportion drop it out of the Spoon all over the Sugar and gooseberrys then set them on a very quick fire to boyle as fast as you can to boyle up to the top of the pan then take them off and shake the pan and strew on some of the Sugar and presently set it on the fire again to boyle up then take it off and shake it and set it on again to boyle fast and when you see the gooseberrys look very clear take them off and when they are a little cold put them up in glasses take them up with Sirrop for if you take them without the Sirrop they will not be plump then put them up but let them not be covered till they are cold you must try to see whether the Sirrop will jelly before you put them up.

106. *To Preserve Sweet Lemons or Oranges.*

TAKE your oranges and pare them very thin and lay them all night in cold water then boyle them half an hour and put them into cold water yⁿ make holes on the top where the stalk growes and take out the seeds as clean as you can and let them lay in that water till the next day then boyle them again almost half an hour then take them up and Set them upon a

double cloth and cover them with a cloth till they be almost cold then weigh them and take to every pound of orange a pound and half of Sugar and to every pound of Sugar a wine pint and half of water boyle your sirrop and strain it and when it is almost cold put in your oranges and boyle them with a soft fire till they look clear and the Sirrop of a good hight about a fortnight or 3 weeks after take your Sirrop from your oranges and boyle it again and when it is cold put your oranges in it and keep it in glasse. y^e great red oranges will do best this way.

107. *To make Black Puddings.*

TO make 3 dozen of puddings take a quarter of a peck of grots and 2 quarts of milk boyle it and then put in your grots and fire them close and let them stand all night and in the morning take 2 handfulls of sweet herbs Shred small, and one pint of blood 3 pounds of Suit Shred Small put all these things to your grots and season it with a little cloves & mace one nutmeg pepper & one ounce of annyseeds and Salt 6 eggs whites and all.

108. *To make White Puddings.*

TO make 3 dozen take a quart of Stired grotts one penny loafe grated 6 eggs yolkes and whites beat with rose water half a pound of Sugar and a pound of currants, half a pint of cream mix all these things with your grots and season it with cinnamon.

109. *To make a Posset.*

TAKE a quart of cream and half a nutmeg quarter it then take a stick of cinnamon and a quarter of a pound of Sugar and then set it on the fire and keeping it stirring always one way and let it boyle together a quarter of an hour then take 6 eggs puting away the whit's then beat them very well and put

them into the cream still constantly stirring it and so soon as it boyles take it off the fire and let it coole a little it must cool but a little then take a quarter of a pint of Sack made very hot in a bason then take your cream and stand upon a stoole as high as you can & pour your cream into your bason very softly as high as you can pour it right then set it to the fire till it be ready to be eaten this will be all curd & no drink.

110. *To make a Sullibub.*

TO every quart of cream take about 3 quarters of a pint of Sack boyle the cream and make the Sack almost as sweet as a Sirrop then set it on the fire and make it reasonable hot and when the cream is a little cooled with a wooden Spring draw up the cream and so squirt it in till the pot be full if you make it in the morning very early twill be ready to eat y^t afternoon. Some boyle a blade of mace in the cream.

111. *To make a Snow to put on the Sullibub.*

TAKE a pint of cream and the whites of 4 or 5 eggs and a little rose water Sweeten this with Sugar beat this with a stick which must be cloven in 5 or 6 parts beat it till you find it begin to rise in bubbles with a spoon take off those and lay them in a dish so beat till you have all that will rise yⁿ when your fullibubs is ready to be used lay on the upermost of the snow and heap it high.

112. *To make Clouted Cream.*

TAKE the top of your milk after it has stood one hour and make it scalding hot let it not boyle then put it into an earthen pan then leave it half an hour to make it froth as much as you can then set it into the oven as soon as bread is drawn out of it let

it stand in 7 or 8 hours then take it out gently and let it stand at least 24 hours before you use it make a bottom to it with Sweet cream boyle it and boyle large mace with it yⁿ beat the yolks of 2 or 3 eggs with a little rose water then take the cream from the fire and put 2 or 3 Spoonfulls of it to the eggs then Stir them together and put them into a posnet to cream then Set it over the fire & let it boyle one walme then take it off and sweeten it with Sugar if you should put the eggs into it whilst it is over the fire it will be apt to curdle Stir it all the while it stands on the fire after the eggs are put in when it's Sweeten'd let it stand being Stir'd with a Spoon till it be paste creaming at top when it is cold take off the top of the baked cream with a Skimer and lay it upon the other Scrape Sugar on it and so serve it the baked cream will be near an inch thick if it stand 2 or 3 days.

113. *The Red Surfet Water for any Surfet.*

TAKE a gallon of the best aquavite a pint of the best damaske rose water a pound of white Sugar candy put all these into a large stone jug to steep a day and a night then put in half a pint of poppy water distilled as you do your rose water with a pound and half of raisons of the Sun Stoned with half a pound of dates the Stones taken out and the white skins, and then slice them very thin then take of mace cinnamon and anyseeds of each an ounce of cloves bruised half an ounce liquorish scraped and sliced a quarter of a pound, your anyseeds must be rubbed and dusted then put all these into your aquavite after all these things have steeped 4 days put into it 6 good handfulls of red poppie leaves it is the red single poppies that growes amongst the corn and if the colour be not red enough put in more leaves & after 10 days let it run through a jelly bag and put it into

your glafs and fo flop it very clofe and put in to your glafs to it 2 pounds of your fmooth musk carraway comfets, and fo keep it for your ufe, the Spice and Seeds must be bruifed if you do not squeeze thofe things when you ftrain it you may put it into the jug again wth a gallon more of aquavite and half a pint of poppie water and a pound of Sugar candie more, Stir it every day twice or thrice for ten days together and keep it clofe ftoped and then you may mix fome of that fmaller with the firft which was the ftrongeft of all. This water is good for any surfet what fo ever by any accident and they may give 2 or 3 Spoonfulls laft at night and if the Surfet be dangerous give it once in 6 or 8 hours for 3 feveral times or in neceffity oftner.

114. *To make French Bread.*

TAKE to a peck of flour 2 ounces of falt and a pint or more of very good ale yeft and knead it up as other bread with warm water as light as poffible then let it lye half an hour to rife then cut it to the bignefs you will have every loafe, which is about y^e bignefs of a penny loafe and make them up very lightly not moulding it at all and put them into difhes flouring the difhes firft with flour and cut off that may be on the top to much then cover them up clofe again and let them ftand and rife again till they have rifen their full which you may know by the flour on the top which will begin to be crakling on the top then haveing your oven ready hot and pretty quick turn them out of the difhes upon a peelee flour'd ready and fo fet them in as faft as you can never pricking or cuting them round, Set the oven led up clofe but not Stop it approved of your dough must be as light as any cake bread fo fome flour will require more yeft and water than other this is left to y^e bakers difcretion.

115. *To Dry Apricocks.*

TAKE a pound of Apricocks 3 quarters of a pound of double refined Sugar pare the apricocks very thin and slit them in the Seame of the apricocks then forth the stones then strew the silver bafon or deep dish you boyle them in with the lesser half of the Sugar being finely beaten and seached then set the apricocks in the bafon or dish that end downward which grew in the stalk with them. Strew the rest of the Sugar upon them and cover y^m and let them stand one night or one day while it be dissolved then let it boyle for one quarter of an hour upon a quick fire before they be half boyled turn them with a spoon when boyled let them stand 2 days in the Sirrop before you take them forth so dip them in the Same then lay them on tin plates in the Sun and turn y^m every morning.

116. *To make Plumme Gimbolds.*

TAKE your plummes when full ripe and put them in a porringer and set them over the fire and stir them continually with a Spoon and when they begins to brake and be soft take them out and pick off all their skins stalks and stones very clean when you have done so sett them on the fire again still stirring till such time all the moisture be almost dried up and the plum stuff be pretty stiff then take it off the fire so let it stand till it cold then take double refined Sugar and put to the plumme stuff and take as much Sugar as will make it paste and rowle it and worke it together and let it be as thick as paste then rowle it in works as you do gimbolds in what faishon you please you need not oven them they will be dry of themselves.

117. *To dry Cherrys Red.*

TAKE to 3 pound of cherrys being through ripe and Stoned weigh them and to your 3 pound take a pound of the best hard Sugar beat it and put it into

your preserving pan and put better than half a pint of water to it and with your hand stir it all together then put in your cherrys and Stir them in your water and Sugar and cover them and make them boyle as fast as possibly you can Scumme them and when they be a little soft take them off the fire and pour them Sirrop and all into a gally pot then cover them and so let them stand 24 hours then pour them into a Sive and let ye Sirrop run from them and then lay them on glafs plates as close as you can one by one or upon a clean five dry them ether in the Sun, Stove or oven when one side is pretty dry flat them and turn them and when through dry box them very close and let no air come to them they must be turned twice a day till through dry and on fresh things.

118. *To make Bean Cakes.*

LAY in water half an hour before you use them half a pound of almonds then blanch and slit them very thin as possible you may the long way of the almonds then take half a pound of Sugar finely beaten and searh'd and mingle with the almonds that are well dry'd from y^e water then take the whites of 2 eggs with butter and wet the sugar and almonds wherewith but not to much for they may be soon over wet then take of your fine wafer sheets that are made for bottom and cut out into round cases and so spread your almonds in little ruffles cakes the almonds being set with a bodkin edge long you must mingle also some cardimum or caraway seeds either will do well with Sugar yⁿ put them on warm plates set them in a quick oven but not over hot neither must they stay to long for loosening their colour you must beat your eggs with a little rosewater.

119. *The Cabbage Cream.*

TAKE 6 gallons of new milk and let it be ready to boyle then put in one porringer full of cold cream and stir it well about fill then 18 broad flat pans when tis cold take off the cream and lay it round in a dish like a cabbage and sprinkle a little rose water and a little Sugar well beaten and sifted then Scauld your milk again and put y^e same quantity of cream you did before till it be like a little cabbage the last cream that you take off the Scauled milk lay plain upon the cabbage but put no cold cream to it yⁿ strew some rosewater upon it.

120. *To make Paste of Apricocks.*

TAKE apricocks before they be quite ripe and after you have coddled them then pare them let them not be to soft then they will not be so troublesome to pare then beat them very small in a mortar then put them in a dish and Set them on a fire never leting them to be any hotter than you can indure your finger at the bottom of the dish never to boyle for if they should be to hot it would spoile the colour of your pulp and so let them stand on the fire till they be pretty dry which will be till the Sugar is boyled up to Sugar and that very high to dry Sugar again you must take to 4 pound of Sugar 4 pound of apricocks after you have coddled stoned and pared them and when it be so take it off and put it into your pulp till it be cold and when it is well mingled then set it on the fire again in a dish or bason that it was in before upon a chaffen dish of coales and not to be any hotter than it was before in the drying before the Sugar was in it and then you shall see it will thicken and come to a paste, then take your moulds and put in them and so let them stand to dry either in the sun or in a stove and when they be half dry cut them on

y^e edges and take your moulds off it must be very thick paste before you put it into your moulds or it will run about do what you can it will run a little. after the same manner you may make paste of coddled-ings only when they are coddled peel them and put them in hot water to green if one water will not do put in more till they are green then cover them close till they are green. you must dip your Sugar in water.

121. *Angelicoe Cakes.*

PUT your angelicoe in hot water and so let it green boyle your Sugar to candie hight chop your angelicoe small and so stir it together drop it into cakes & so put it in a stove.

122. *To make a Lemon Cream.*

TAKE your best cream and boyle it well and when it is ready take it off put in the yolkes of 2 eggs well beaten and let it have a boyle the Sugar must be boyled in the cream before the eggs be in y^a have in readines the juice of 2 lemons in a dish and when your cream is pretty cold Stir the juice of lemon and Sugar and keep it well Stiring till tis almost cold then put it into a dish for your use.

123. *A Clouted Cream.*

TAKE 2 gallons of new milk and put into 5 or 6 pans and let it stand all night and next day upon a charcole fire set the pans gently on the fire and as it creams take it off and lay it in your dish and as you lay it in Strew on a little fine Sugar and when you have taken all the cream put to it a little cold cream & so use it.

124. *To pickle Mushrooms.*

GATHER them early in a morning about the bigness of a walnut let them be fresh and red underneath and of one nights growth blanch them of the

outside and pare them within with some part of the stalks if it be tender and then Strew them into a pan of fair water and a small quantity of salt shift them so 3 times and then take them out of the water and put them into a skillet wth as much fair water as will cover them a little Salt a faggot of herbs and an oynion and when they do begin to boyle before to Scumme it very carefully and put 3 spoonfulls of white wine vinegar and when they are so done strain them let them stand till they be cold make them a pickle 2 parts white wine it Self and the other part elder vinegar and put them all into a glasse or pot and put the pickle to them, with a little long pepper a few cloves one or two nutmegs quarter'd a little mace a little Salt, and before to Stop them up very close that no air may enter.

125. *To preserve White Quinces whole.*

TAKE a handfull of the kernells that will jelly and put them in a little Spring water over night then take your quinces that are of a greenish colour and doth cut tender as any apple core it very well with a Scoop and pare it and put it into a Skillet that will hold but one at once take as much double refined Sugar as the weight of the quince and as much water as will cover the quince Set y^e same water and Sugar over the fire keeping it boyling as fast as may be and when you see it to be clear and tender take it up and put it into your glasse or pot crushing it flat down with the back of a Spoon then put into the Sirrop 6 spoonfulls of pippin liquor and 2 Spoonfulls of the jelly from the kernells then set it on the fire Stiring it still and when it boyles Scumme it clean and then put in your quinces again and let it boyle 6 walms keeping it still Shaking lest it burn so then take it up and put it into your glasse again you must be sure to have

Sirrop enough for ever and anone there will rise a coat upon it y^t must be taken off and fresh Sirrop put in.

126. *To preserve Goosberrys.*

TAKE as much double refined sugar as y^e goosberrys weigh unpicked and unstoned and to a pound of Sugar take half a pint of water and when your goosberrys are clean pickt and stoned set your Sugar and water over the fire and make your Sirrop and when it is clean scummed put in your goosberrys and let them boyle as fast as possibly you can till they clear and the sirrop thick enough which will be in less than a quarter of an hour.

127. *To make Jelly.*

TAKE a nuckell of veal cut off the fat and skin 2 calves feet very white lay the veal and feet in warm water to soak out the blood shift it into fresh water till all the blood be out then set it to boyle in 3 gallons of Spring water boyleing it continually till it come to a pottle or 3 pints then if you will have it white put in a pint of white wine, if red put in red wine, and boyle it a quarter of an hour then take it and strain it and when tis cold take off all the fat and leave the dross in the bottom and to every quart of clear broth take cinnamon and nutmegs of each an ounce half an ounce of ginger sliced break your cinnamon in pieces and quarter your nutmegs, then take 2 spoonfulls of corriander seed half a pound of Sugar 6 Spoonfulls of rosewater put all these into a new pipkine wth the whites of 8 new laid eggs well beaten stir all these very well together and set them over boyling them a quarter of an hour & stirring them all the while then pour it into your bagg with 2 handfulls of rosemary in the bottom of ye bag run it through y^e bag twice or thrice.

128. *To preserve Raspberries.*

TAKE the juice of raspberries and make your Sirrop of it to a pound of raspberries take a pound of sugar and put half the Sugar to ye juice and let it boyle, then put in the raspberries and let them boyle as fast as they can take them off and Shake them oft put in yⁿ then rest of the Sugar by degrees as they boyle but touch them not, when they are enough the stones will look clear So you may do currants or cherrys.

129. *To preserve Oranges.*

LAY your oranges in water all night then pare off the rine as thin as may be then make a round hole that your finger may go in and take out all the seeds and set them on the fire & let them boyle half an hour or better then take them out and put them into cold water till the next morning then looke that all the seeds be out and boyle them in a fresh water as before and lay them in cold water again & the next morning boyle them till they be very tender that a small bennet will go through them, then set them with the holes downward on a clean cloth to drain 3 or 4 times double then to every pound of orange take a pound and half of Sugar and to every pound of Sugar a pint of water make your Sirrop and clear it and strain it then put in your oranges letting them boyle moderately till they be clear, turning them often, then take them up and when they be cold put them into a gallypot or glafs & when they have lain a fortnight in the Sirrop take them up & boyle the Sirrop again.

130. *To souce Pigg.*

CUT your pigg into 4 collers of a Side take 12 cloves 4 leaves of large mace 2 nutmegs Shred thin strew all these on the collers with a little salt

rowle them up hard and bind them close and boyle them 4 hours and when tis almost boyled put in a faggot of Sweet herbs and half a pint of vinegar.

131. *To preserve Apricocks.*

TAKE a pound of Sugar and a pound of apricocks Stone them and pare them very thin let the Sugar be beaten very fine lay the apricocks in 3 parts of the Sugar all night the next morning boyle them in their own Sirrop and when you have Scummed them cast in the re of the Sugar in the boyling & when they are enough and Scummed put in your ambergrease & take y^m up.

132. *A Sweet Bag.*

TAKE half a pound of benjamin and half a pound of Storacks half a pound of orris an ounce of cloves and a few orange peels dryed a little sweet marjerrum dryed beat all these pretty grofs and take half a bushel of damask roses, and a gentle fire under a Still fill the Still wth roses just damp them then take them out and put them into a large dish and pull them all to pieces while they be hot Strew these powders being mixt on the roses work all these together so that the powder may stick on the roses do thus till all the roses be done then take a great preserveing glafs or 2 that will more than hold it and lay in a lay of roses and strew in some powder so do till all be in the glasses then bind it up close with a double white paper and leather on the top then set it as hot as you can in the Sun every day Shake the glasses very well if you find it do cake in the middle put your hand in the glasses and stir it very well and when tis very dry put some amber grease pounded & some civet rub it about the leaves what quantity you please so you may keep it in bags as long as you please.

133. *To collar Beef.*

BONE the beef and rub the inside of it with Saltpeter a handfull and salt it with as much bag Salt as will season it then lay it in pump water 4 days then let it hang to run dry then season it with cloves mace nutmegs, marjerom persly time, Seewory Sage, Shred small then rowle it upward and bind it very hard with broad inkle and bake it in a pot filled half full of water wⁿ tis baked take it out of the liquor and keep it dry.

134. *Cherry Wine.*

24 POUND of cherrys stalk'd and stoned and prest in a pot and so stand 30 hours or more then put all in a cotton bag strain it in an earthen pan and one pound of Loafe Sugar in 24 hours twill run out six quarts then vessel it for a month then bottle it, lay down the bottles in a fortnight it may be drank.

135. *Little Cakes to be baked in Pans.*

TAKE a pound of flour and dry it well and a pound of loafe Sugar beaten and dried searce them both and mingle them together a pound of sweet butter and wash it in rose water and worke it very much with your hand and strew in a little of the flour and Sugar still workeing it till tis half in then put in 6 eggs but 4 whites and so by degrees worke in the rest when the oven is sweeping put in four spoonfulls of rose water a little beaten mace a pound of currants your pans must be ready buttered then fill them half full and searce some double refined Sugar on them bake them half an hour this proportion will fill 2 dozen of pans.

136. *To make a Carrot Pudding.*

TAKE the crum of a 2 penny loaf and grate it and half as much grated carrot and 6 eggs but 4 whites and some Sugar and half a nutmeg a little salt mix it

with a pint & half of cream and you must put it into the oven, melt a quarter of a pound or better of fresh butter put a little rose water 2 or 3 spoonfulls of Sack then put it into the oven in a dish and let it stand half an hour the oven must not be to hot Stop it a little.

137. *A Cream.*

TAKE a quart of cream then put in 6 yolkes of eggs and three whites well beaten then set them over the fire and stir it ye while then put in some candied eringo root, candid oringe peel cut them very thin then put in some preserv'd plums and rasberrys & jelly of pippins stir it well together and put it in your dish and wⁿ tis cold lay it over with apricock jelly and jelly of currants and quinces jelly also cut in pretty fancys.

138. *To make a Flesh Cheefe.*

TAKE 2 oxe cheeks beat the bones very well & those that are not fit to bake take out season it with cloves and mace jemacoe pepper and salt as you see fit put it into a pot and put to it a pound and half of beef suit & a pint of claret a faggot of Sweet herbs & an oynion bake it throughly then take out all the bones and beat the meat in a mortar very well and pour away the gravey and let it be cold and take off the fat then put the gravey to the meat again and put it in a Stewing pan over a charcole fire stew it till it be thick & put it in a little cheefe vate scaulding hot with a cloth as another cheefe and tuck it in well turn it 3 times before it is cold and pres it very well then take it out & put it on a board till it be cold it will not keep long.

139. *A Cordiall Organy Water.*

TAKE half a pint of Sack and 3 pints of the juice of organy some cloves a little saffron let these infuse all night on embers & bruise a handfull of organy

and put thereto & still it in a plain Still tis good for the Spleen y^e Stomack or mother you may still barm thus.

140. *To Salt Hams or Tongues.*

TAKE such a quantity of water as will cover them & put in as much bay salt & salt peeter 2 parts of the former and one of the latter as will make a brine strong enough to bare an egg up the breadth of a 6 pence when it is all dissolved over the fire then boyle it till you have scumm'd it clean & when it is cold put in your ham or tongues & let them lye in it a fortnight then smoake them in chimney a fortnight longer.

141. *Dr. Moors admired Pills.*

TAKE aloes mirrh and saffron of each 2 drams into fine powder salt of wormwood and cream of tartar of each $\frac{1}{2}$ a dram mingle all these well together and the Sirrop of sharp citterns make it into a mass for pills adding a drop of oyle of rosemary and when you go to bed at night take 3 pills & 3 in the morning and posset drink in ye workeing.

142. *To make Almond Puddings.*

TAKE one pound of almonds beat very small with rose water one pound of the best beef sewit Shred very small & the marrow of one bone cut very thin after it has been soaked to fetch out the redness & a quarter of a penny loaf grated boyle in a quart of cream half an ounce of mace then take ye yolkes of 8 eggs and the whites of 4 & whip them well mix these altogether with a little Salt and almost a pound of Sugar. the guts must be stript very thin and renced in rosewater.

143. *To make Sawcidges.*

TAKE 2 pound of porke or veale and one of beef fewit, mince it as small as possible and put to it a handfull of chopt sage & a quarter of a penny loafe grat'd & almost a quarter of an ounce of pepper one nutmeg with cloves enough to make it a quarter of an ounce & almost double to the quantity of Spice in Salt mix all these very well together with ye yolk of one egg & rowle them up of a convenient length they must be fry'd very quick.

144. *To make Whipt Sullibubs.*

TAKE a pint of white wine and 2 or 3 Spoonfulls of Sack and slice part of a lemon into it and let it stand one hour Sweeten it and put to it a quart of sweet cream whip it and when the froth rises put it into glasse.

145. *To make a Cordiall Water.*

TAKE the leaves of mint balme wild time marjorum meadowsweet the roots of avens of each 2 handfulls and half the flowers of cowslips, rosemary, red roses, marigolds rosafolis, burrage bugblase gilly flowers harts ease sunflowers, of each one handfull Cinnamon and lemon peel of each half an ounce infuse all these in 3 quarts of aquavite in a cold Still stopt for 2 days and nights then draw it off with a gentle fire if you please put into your receiver musk & ambergrease of each 3 grains tyed up in a thin bag wth your Saffron paste your Still close with rye dough you may draw as much in quantity as your aquavite put into it 2 pound and half of double refined Sugar stirring it often that it may not Candie. Because the flowers & roots & herbs are not to be had at one time you must as you gather them bruise y^m gently in a stone mortar putting to 3 handfulls of flowers herbs or roots one handfull of bay salt mix them well

together tye them up very close in an earthen pot well glazed the best time of gathering the herbs is mint & marjerom in may balme in April meadsweet & rofalis in June Avens in July Sunflower in august.

146. *To Candie Angelicoe Stalks.*

TAKE young tender stalkes slit them and bruise them at one end that you may string them then boyle them in water till they will peel and when peeled put them into other scaulding water covering them close let them stand awhile over embers to green them wash them in cold water lay them on a dish and strow some Sugar on them & set them on coles to dry then take near their weight in Sugar and boyle it to a candie hight then put in your stalks they will make your Sirrop thin but boyle them till they grow stiff & shine and your Sirrop is almost to Sugar again then lay them flat on a plate & set them before the fire to dry setting them sometimes on a chaffendish of embers.

147. *To Pickle Kidneybeans.*

TAKE 2 parts vinegar and one water and put salt enough to make it bear an egg then boyle it, and when cold put in your beans, being first strung they will keep best in glasse being close cover'd for use take as many to spend in 2 or 3 weeks & put them in a pipkin with half water and half vinegar and a little salt Stop them close and set them over a gentle fire till they be green and tender so keep them in that till used.

148. *To Pickle Turneps.*

PARE them and cut them in thin slices and lay them in a gallypot strewing betwixt each row grosse pepper and a little beaten mace when they are all in pour as much vinegar as will cover them in 3 or 4 weeks you may use it.

149. *To Pickle Oyſters.*

TO one hundred of oyſters take a quart of white wine and all the oyſter liquor ſtrain it and boyle it and ſcumme it very well then put in a ſpoonfull of whole pepper & 4 or 5 Heads of large mace boyle them an hour and when cold put it up.

150. *To Pickle Broom Buds.*

PICK your buds whilſt they are green before they are yellow at the tops and make a brine ſtrong enough to bare an egg boyle it and when it is cold put in your buds for a month or 6 weeks then green them putting in the bottom of the Skillet nut leaves then pour in Spring water and put in the buds and lay more leaves upon them ſet them on a gentle fire and when tis almoſt ſcaulding hot pour that away and put in more cold water ſo do 9 or 10 times till they are very green pot them up in vinegar and keep them for your uſe.

151. *To make Raſberry or Currant Wine.*

TO a quart of water take a pound of Sugar and 3 pound of raſberrys bruife them in a ſtone mortar and put them into your water and Sugar and let it ſtand 24 hours ſtiring 3 or 4 times then ſtrain it through a hair Sive or canvas bag then tun it and ſtop it cloſe in 3 or 4 weeks it will be fit to bottle it will keep a year you may make Goosberry wine this way.

152. *To make Lemon Cream.*

PARE 6 lemons very thin and put the parings into a quart of water & let them lye in it 24 hours then ſqueeze the juice of ye 6 lemons into ye water and ſweeten it with double refined Sugar & put to it 3 ſpoonfulls of orange flower water then take the

yolks of 4 eggs & the whites of 10 and beat them well and strain them into your water & set it in coles continually stirring it till it is thick enough but let it not boyle.

153. *To make Almond Cream.*

BLANCH half a pound of almonds and beat them very small putting orange flower or rose water to them put to that 7 eggs well beaten then take a quart of cream and pour part of it to your almonds & strain it then pound your almonds again and put the remaining part of your cream to them do so again then set them on coles and keep stirring it till tis thick enough sweeten it it must not boyle stir it till it be cold.

154. *To make Snow.*

WHIP the whites of 3 eggs very well and sweeten a quart of cream and put to them then whip it together then put to it 3 quarters of a pint of white wine and as much Sack continue whiping it till it is very light & as it rises take it off & lay it on what you please.

155. *Sirrop of Buckthorn Berrys.*

TAKE 2 quarts of the juice of the berrys and boyle it in a pipkin to one quart put to it 2 pounds of white Sugar clarifye it with the whites of 2 eggs beaten to a froth strain it through a cotton bag then boyle it to a Sirrop with a little cinnamon mace and Shred nutmeg put in a bag and wroung now and then when it is cold bottle it up for use. In all Hydropicall and Scorbutical Distempers 3 spoonfulls is a resolveable dose & a proper medecin taken in white wine.

156. *To pot Beefe.*

TAKE 6 pound of lean beef without skin or sinews and one pound & half of fat bacon slice both thin and pound it in a stone mortar and season it with a quarter & half of an ounce of cloves and as much pepper and a good nutmeg & as much Salt as Spice mix it very well and when it is baked pour y^e gravey from it press it abroad in a pot when it is cold cover it with butter melt'd it will keep half a year if not cut you may do fat beef thus only leave out the bacon.

157. *To make a Cake.*

TAKE 5 pound of flour & dry it well and 5 pound of currants and one of chopt raisons and mix with the flour then take half an ounce of cinnamon a good nutmeg half a quarter of an ounce of mace & one pound of Sugar and a little Salt and mix with it near the fire then take almost a quart of cream and melt it in a pound and half of good butter make 2 holes in the flour and put this into one then beat 16 eggs but half the whites and strain them with a pint and half of good ale yest put to it Sack and rosewater a quarter of a pint of each mix it and put it into ye other hole of your flour, and let it stand against the fire to warme then mix it near the fire and cover it with a hot cloth for a quarter of an hour to rise then strow in a quarter of a pound of carraway comfets let it take ye air as little as possible ye oven must be hot an hour will bake it.

158. *To make Jelly of Currants or any other suteable fruit.*

STRIP your currants into an earthen pot & set it into a kittle of water let it boyle till they are broken then strain out the jelly from them and the weight of it in loafe Sugar put the Sugar in your pre-

serving pan with water enough to melt it, then put in your jelly let it boyle & scumme it as the scumme riseth till it comes to a thick jelly but not hard you must stop ye pot very close that the water get not into it.

159. *For the Yellow or Black Jaundise.*

MAKE a wine pint of clear white wine posset drink without curd then take half a quarter of an ounce of the oldestt castile Soape you can get scrape it thin and put it into as much of the posset drink very hot to defolve the castile Soape as the party can well drink at a drafft drink it as warme as you can going to bed and in the morning fasting the remainder of ye posset drink fast at least one hour after it thus do 3 nights and mornings and yⁿ but once in a year unless occasion be to take it oftner & t'will cure them.

160. *For Deafnes by reason of a Cold.*

TAKE a drop or 2 of the oyle of rue heat it and drop it into ye ears and besure to keep the head warme.

161. *To take away the Felme out of the Eyes.*

TAKE a new laid egg and make a little hole in the top or one end and take out the yolke and white of it and put in fair running water or red rose water or fennell water a white copperice bruised and as much comeing seed as you can hold between a finger and thumb and put them all into ye egg shell and put y^e shell upon some coles & let them boyle a little & let it stand till tis cold & nights and mornings drop a drop or 2 into the eye & close the eyeled upon it and in a little time twill cure them.

162. *For a Swelling in any part.*

TAKE a quart of ale or stronge beer growns mal-lows sage and elder leaves & stamp them small and lin-seed beaten small and sheeps sewit or sallet oyle and oatmeale and boyle them together till it is as thick as to make a poulters then lay it to the place swollen as hot as it can be endured & it is a speedy remedy.

163. *For a Purge.*

TAKE a quarter of an ounce carocostinum with half a pint of white wine being steep'd in it all night the next morning drink it blood warme it will give 6 or 8 stools or this take ruebarbe wth red currants beaten together.

164. *To Harden sore Nipples.*

TAKE borace a quarter of an ounce and beat it small and in it a little more than half a pint of milk then put it over the fire and when it is dissolved and almost ready to boyle then take it off the fire and put in a little allom in powder put in little more than will make it turn into small curds that it looks pretty white then strain it through a cloth from y^e curds and keep it for your use you cannot err in putting in ye borace for the more you put in ye more healing your way of useing it is to bathe your nipples as hot as you can suffer it mornings and nights and lay a cloth wet in it 2 or 3 times double upon the nipples being first finged you must bathe them a quarter of an hour at a time and lay on the wet cloth as hot as you can suffer it.

165. *For the Biting of a Mad Dog.*

TAKE filings or scrapeings of pewter Garlick and venice treacle beat them together very well in a mortar till they come to be like a poultis lay it on y^e bitten place. Moulins Re:^{ct}.

166. *For a Child troubled with man wormes which often occasions Convulsions.*

TAKE notice when you fear fits to lick in a morning fasting the childs forehead if it taste salt then it hath man wormes then anoint the navell and stomach with oyle of wormwood 3 days before and 3 days after the full of the moon then make 2 playsters of Galbanum & lay one to the stomach and the other to the navell if it should have convulsion fitts give it 3 drops of juice of rue 3 times just before ye fit comes and to sweeten the mouth give it what you please.

167. *Another aproved for Convulsion Fitts.*

TAKE a good found nutmeg the same weight in cloves and likewise of mace breake these spices very small and boyle them in a quarter of a pint of strong aquavite till it comes to the consistence of methridate Spread half of this on a scarlet cloth & apply it to y^e Stomach this usually cures at once but never fails at twice when a fitts comeing.

168. *Cracknell PASTE.*

ONE pound of flour one pound of fine Sugar 2 yolkes and one white of an egg half a quarter of a pound of butter 2 spoonfulls of rose water colliander seed prepared make it up with thick cream.

169. *Jumble PASTE.*

2 POUND of flour half a pound of Sugar the yolkes of 7 eggs colliander seeds prepared make it up with thick cream.

170. *Dr. Burgeses Re.^d against Ye Scurvy.*

TAKE a quarter of a pound of Gwacombewood and boyle it in a pottle of fair water till it comes to a quarter take thereof a mouthfull rowling it to

and fro a little time then put it out and presently take another mouthfull & swallow it then take another & rowle it on your mouth a quarter of an hour do thus 12 times a day.

171. *For the Stone.*

TAKE 3 quarts of white wine and 2 ounces of beaten annyseeds 2 ounces of liquorish a good handfull of burdock roots all these you must boyle in y^e white wine till one half be consumed & so take it as often as your stomach will digest it taking nothing between.

172. *Pills to kill Wormes and Open Obstructions.*

TAKE one ounce of aloes washt clean in damask rose water half an ounce of mirrhe half an ounce of saffron & a dram of rubarb make them into a mass with Sirrop of lemons, and 3 of them take when you see occasion about y^e bigness of a small pease at night going to bed.

173. *For a Rupture.*

TAKE Snails & dry them well & beat them to powder & drink ye powder in drink.

174. *For the Megrime in the Head.*

TAKE goates dung and mix it with vinegar of squils and anoint the head and temples therewith. or this, frankinsence mirrh and an egg beat them together & apply it to the head and temples.

175. *For the Dropsey.*

TAKE green broom 3 handfulls and burn it to ashes and steep it in a pottle of white wine all night then strain it and drink a wineglass of it every morning then afterwards take a greater quantity of green broomes 2 gallons of sweet wort & boyle it and put it into a runlet wth elecampane or liquorish.

176. *Against the Plague.*

TAKE a handfull of elder leaves and a handfull of rue & as much brown Sage a handfull of wormewood & a handfull of brier leaves steep them in strong beer or white wine 2 quarts take 2 spoonfulls at a time morning and evening & walk half an hour after it.

177. *Dr. Smiths Rare Re^a for Y^e Itch.*

TAKE of the oyle of roses or the best oyle of olives an ounce & half rock allome, flour of brimstone salt of prunella of each 2 scruples, Roman vitriol a scruple let all these be finely powder'd & well mixt with ye oyle then add to all these as many drops of oyle of Rhodium as will give it a sweet smell. anoint herewith ye wrists and joints affected. Tis an excellent good one.

178. *Aquamirabilis.*

TAKE mellilot, cubibs, gallingall, mace, Ginger cloves beat all these to fine powder steep them all night in 3 pints of the best white wine one pint of aquavite & half a pint of the juice of Sallendine being paste all night & still it off next morning with a soft fire.

179. *For a Sore Mouth or Throat.*

TAKE a quart of milk and put into it a good handfull of woodbine leaves and a handfull of brier leaves a handfull of collenbine leaves and boyle all these till half be consumed when it is almost enough pound 3 or 4 almonds and put into it and a good spoonfull of honey of roses & when tis enough strain it & drink it as hot as you can.

180. *For the Yellow Jaundise.*

TAKE horehound 2 ounces hops one ounce
egrimony buglofs roots elecampane roots of each
half a dram lignum alloes a dram & half boyle all
these in 3 pints of white wine to the consumption of
a 3^d part when it is cold but the liquor from the
herbs without straining it but if the party be feavor-
ish then boyle the herbs in half hyssop water & half
white wine & do as you did before take 5 spoonfulls
of this drink Sweetened with fine Sugar every morn-
ing fasting 2 hours after it & as much every night y^e
last thing going to bed.

181. *Dr. Burgesse's Receipt against Y^e Plague.*

TAKE 3 pints of the best muscadine or malmesey
boyle therein rue and Sage of each one handfull
untill a pint be consumed then strain out the herbs
hard then set the liquor on the fire again and put
thereto long pepper ginger cutcheneale or grains of
each an ounce a quarter of an ounce of nutmegs all
beaten to powder let all these boyle together a little
then take it off the fire and put therein an ounce of
the best methridate 2 ounces of y^e best treacle and a
quarter of a pint of angellicoe water keep this and
your life above all worldly Treasures take it always
warne morning and evening a spoonfull at a time
but if infect'd 2 spoonfulls this is good against the
plague y^e fweting disease, the smallpox, meafells sur-
fets all pestilent distempers and feavours used as
followeth take a spoonfull of it when you first fall sick
& swet 3 hours in bed after it & then carefully taken
out of it if they are dry they must drink posset drink
with marygolds boyled in it & drink nothing but
caudles & warne drink at other times.

182. *A Cordiall Water of Dr. Stevens.*

TAKE ginger cloves mace cinnamon nutmegs gallingall grains, fennell seed annyseeds carraway seeds groomwell seeds of each a dram liquorish 4 ounces avens cammomile, pellitory of the wall balme red roses garden time rosemary lavender flowers wild marjerom basill mints sage penny royall of each a handfull beat y^e spices very well shred the herbs and steep them in a gallon of claret wine 24 hours then still it in a glasse still or Limbeck.

183. *For the Sinking of the Pallet.*

TAKE a dried walnut and pound the same and pour therein as much aquavite as you make a little pap thereof and spread it on a little cloth or tow and apply it to the crown of the patient bind the same stiffly thereon and it immediately aweighteth the pallet but if it were descended exceedingly then add as much frankincense as the walnut.

184. *For an Ache or Bruise.*

TAKE one pound of Sage one pound of rue half a pound of wormwood half a pound of bay leaves cut them small and beat them in a mortar then take 3 pounds of Sheep sewit ran from the caul mince it small & put it in a mortar to the herbs beat them together till the sewit be not seen and till the herbs be all of one colour then take it out of the mortar and put it into a bason put into it a pottle of fallet oyle and work it with your hands into the herbs till it be all of one softness then put it into an earthen pot & cover it close so keep it 8 days then take it and seeth it in a brass pot till the strength of the herbs be boyled out then strain it through a canvas cloth and put it into a clean earthen pot and anoint the pain therewith evening and morning laying thereto a warme linnen cloth.

185. *A Poultice for the Kings Evil.*

TAKE a bushel of foxglove flowers the green pluckt from them and stamp them as small as possibly you can and put them into pipkin never used before and put them to 3 pound of butter never salt'd before and boyle them together a full hour and if they are boyl'd to dry put more butter to them y^a let it stand till tis cold & keep it for use.

186. *The Imperiall Water.*

TAKE bittony scabious pimpermell, dragons, Tormentill roots & all burnet leaves and knots of each 4 handfulls pick your herbs & wash or scrape your roots lay them on a clean table 3 days to wither then chop the herbs and roots together and put them in a clean earthen pan then put as much whitwine to it as will thoroughly wet the herbs & let it stand 24 hours close covered then distill it in an ordinary still to this water put a peck of burrage or buglos flowers 2 ounces of good methridate or Treacle and 3 penny worth of turmerick roots a quarter of a pound of liquorish a handfull of anyseeds a little saffron 4 ounces of hartshorne let it infuse 24 hours then distill it again & as much loose Sugar into y^e glass to sweeten it to your taste.

187. *The Palsey Water.*

TAKE sage rosemary bittony flowers of each half a handfull burrage and burglafs flowers and flowers of lilly of the valley of each a handfull steep these in spirit of wine muskadinine or aquavite each one in their seasons till all may be had then put to them balme motherwort sage leaves, leaves of orange trees and the flowers if to be gott of each one ounce put them into the rest and as many Lavender flowers stript from the stalks as will fill a gallon glass steep all

these 6 weeks or 2 months then distill them in a Limbeck then put into y^e water citheron peels dry'd & piony seeds of each 6 drams of cinnamon half an ounce nutmegs and mace cardimuns cubibs and yellow sanders of each half an ounce lignum aloes one dram make all these into powder and put them into the distilled water and put to them Jubebs new and good half a pound, the stones taken out & cut small close the vessel very well with a double bladder let them digest 6 weeks then strain these hard with a press & filterate the liquor and put thereunto prepared perl Smaragdis musk saffron of each 10 grains of ambergrease one scruple red roses well dry'd red and yellow sanders of each 1 ounce hang these in a sarfnet bag in y^e water stop it close.

188. *The Vertues of the Palsey Water.*

IT is of exceeding vertue in all sounding fits in weaknes of heart decay of spirrits it restores speech in apoplexies and palseys helps all pains of y^e joints occasioned by cold, and bruises outwardly bathed and cloths dipt in it and laid to the place it Strengtheneth all animall and natural spirits & cleareth the externall fences, Strengtheneth the memory restoreth lost appetite helpeth all weaknes of the Stomach being both taken inwardly and bathed outwardly it taketh away the giddines of the head, it helpeth the hearing, makes a pleasant breath restores the lost speech helpeth all cold, distempers of liver and the begining dropsy helps all cold diseases of the mother. in Sum none can expresse the vertues of this water. Take bread crums and Sugar of each a like quantity wet it very well with this water, takeing it in the morning fasting & as much at night going to bed if need is but if a fit of the dead palsey or apoplexie you must give as much every hour to restore speech.

189. *To make Veale Collops Jn^e Raiſyes way.*

TAKE fat and leane veale sliced thin & well beaten with the back of a knife then lard them if you please put 2 anchoves, nutmeg grated some pepper & salt into the frying pan with your meat then frye it very leasurely in fresh butter else it will turn to oyle, when it is enough pour away the butter then take 6 yolks of eggs well beat with a little vinegar then have some fresh butter ready drawn up to pour into your eggs this being done pour it all into your frying pan upon your meat and so shake and tosse and mingle it well together then put it into your dish squeezing in some juice of lemon & lay some slices over it & serve it in to be eaten while hot before to fry the meat very leasurely else it will be hard.

190. *John Rayſies Beefe Collops.*

TAKE fat and lean beefe slice it thin with your mincing knife chop it tender take an oynion and quarter it and some sweet herbs shred, fry your meat with the gravie that comes out of it and half a pound of fresh butter then pour off that gravie from it and let it stew in a dish for sauce then take another half pound to frye up your meat then take the meat clean out of the last butter and take out your onyons season it with some nutmegs & salt before you put in the sauce to ye meat then put in the sauce & serve it up with lemon as the foregoing was & to be eaten hot.

191. *The Lady Buttons Melancholy Water.*

TAKE of wall Jilly flowers 4 handfulls, of rosemary flowers 3 handfulls of Damaske Rose leaves & cowslip flowers a like quantity of burrage & bugglos flowers of each 2 handfulls a like quantity of primroses and clove Jilly flowers balme leaves and pinks of each 6 handfulls, of marygolds 2 handfulls of

cinnamon groffly beaten half an ounce 2 nutmegs
3 pennyworth of english saffron 2 orange peels 4
ounces of blew figs Steep them in Sack enough to
cover them, and as you add flowers add Sack when
you have gotten them all together distill them in a
cold still & cover them in the still with Sack & when
all is drawn off you must put into your water before
you use it 6 ounces of white Sugar Candie, it must
be stilled with a soft fire or your water will be y^e
smaller it is good for any heaviness of spirits & may
be given to weomen in travell.

192. *The Purge for Winde.*

TAKE a Dram of rubarbe and half as much Sena
(if easy to worke) otherwise as much of the one
as the other half a spoonfull of sweet fennell seed the
length of one little finger in liquorish tosed abroad a
pint of white wine as much water infuse it altogether
& take half a pint & dissolve in it an ounce of manna,
& drink it when you have strain'd it from the dregs,
drink a small half pint & when it Grumbles about
half an hour after take another half pint before you
take any posset drink when it works you may drink
posset as with other phisick & eat chick or hen for
dinner if you like Sirrop of roses better you may ex-
change the manna for it and when you expect wormes
change y^e fennell seeds for worme seed keep warme
in the taking.

193. *A purge for Spleen and Winde.*

TAKE a quart of Sider put to it 2 ounces of the
roots of pollipodium of the oake, one ounce of
seynae, one ounce of anyseeds let all these boyle gently
together till half be consumed then strain it well out
put to a pint a pound of fugar then put into a thin
bag these spices one sliced nutmeg the like quantity
of cloves and mace & a less quantity of mace &

cinnamon & 4 pennyworth of saffron then let it stand
simmering over ye fire 3 hours till it become a sirrop
of w^{ch} you must take a large spoonfull in a quarter of
pint of posset drink & drink posset drink in ye
werkeing.

194. *To make a Pretious Ointment for y^e Eyes.*

TAKE 4 ounces of may butter 2 ounces of vergins
wax 2 scruples of Putty fully prepared 2 scruples
of camphirr 4 spoonfulls of red or white rose water,
melt the butter and wax & then put in all the materialls
and besure to keep stirring it till it be quite cold
when there is occasion to use it take a little of it &
put it in the palme of your hand & when softned with
your finger anoint ye outside of your eyes & temples
last at night and wash them with white rose water
next morning.

195. *To make Currant Wine.*

LET your fruit be very ripe and gather'd on a dry
day and to every 3 pound of currants good weight
with their stalks and stems on take one quart of water
and one pound of sugar then put your water to your
fruit and with your hand squeeze them through a
hair sieve then put your sugar to your juice & when it
is well mingled together and the sugar dissolved then
put it into a dry Sweet vessel fill your vessel quite full
& let it worke a week & then stop it up and not tap
it under 10 weeks then draw it out of the vessel as
you drink or bottle it which you please.

196. *Mrs. Herbert a Midwife her Receipt against
Miscarrying.*

TAKE oake buds before full blown and still them
in a cold still 3 times over put on your first water
on fresh buds next water on ye 3^d fresh buds w^{ch} will
then be strong enough so keeping for use and let the

woman that doubts miscarriage if at any certain time let her begin to drink this water a month before her usiall time of miscarrying and so drink it 2 months together about 5 spoonfulls every morning fasting an hour after it at any time of the day and then rest but on any fright or Longing or any other occasion whilst with child so as may give a fear of miscarrying this water may be taken at any time of the day again & thus distilled twill hold its vertues very effectually 2 years.

197. *Mr John Ashfields Re^a against a Cold.*

AN ounce of conserve of red roses of dyascordium the quantity of a nutmeg one spoonfull of the Sirrop of poppeys and 3 drops of the Spirit of vitriol all these well mixt and take morn: & evening the quantity of a nutmeg fast 2 hours after it.

198. *The Black Plaister good for Sprains Aches Wens Sores new or old.*

TAKE 3 quarters of a pound and better of pale yellow vergins wax and a pint of Sallet oyle mingle both these together the wax being sliced thin in a fair brass bason or pan then take half a pound of the best white ledd in fine powder then take the oyle and the wax from the fire and let it coole a little then put in ye ledd leasurely and stir them together then set it over the fire and boyle it half an hour then take it from the fire and to it put 2 ounces of frankinsence and 2 ounces of mastick both finely powdered 2 ounces of mirrh 2 ounces of obliven in fine powder set your pan into another for fear it should run over when all the ingredients are in Stir it till it hath done rising, set it on the fire and let it boyle half an hour more, keep stirring it all the time then take it from the fire and put in 4 ounces of Camphire in powder then set it on again & boyle it till tis black then make it up in rowles oyleing your hands y^e older the better.

199. *To make Sack thin when it is Ropy.*

TAKE to 20 gallons of sack 1 pound & half burnt allome 2 spoonfulls of bayfalt beat all this together half an hour & then put it into your vessell & so let it stand a week before you perfe it.

200. *Against the Stone in y^e Kidneys or Bladder.*

TAKE oyle refined and mix with it Sugar and juice of Lemons it is said to dissolve the stone in the bladder to my Lord Savill.

201. *Dr. Butlers Powder against the Stone.*

TAKE nutmeg and sugar refined well beaten and mixt together so take a spoonfull of it every morning in a little quantity of white wine.

202. *For the Goute.*

TAKE raisons of the Sun beaten to a conserve & spread upon white soft leather laying it to y^e greenest place fresh and fresh as you find it dry but it need not till it be quite dry. probatum.

203. *For a Sore Throat.*

GARGLE it well when you go to bed with allome posset drink and if very sore towards a quincey then lay y^e curds warme to your Throat. Probatum.

204. *For a Cold.*

TAKE a pint of milk boyle in it a large onion and at night when you go to bed take out your onion put thereto 2 or 3 spoonfulls of rosewater sweeten it either with Sugar or honey of roses & so drink it warme in your bed 3 nights together forbareing your supper those nights you take it. probatum.

205. *For the Piles inwardly.*

TAKE pilewort leaves and roots with the flowers of Elder buds the like quantity chop them small and boyle them in hogs Lard till it looks green over a gentle fire then strain it and put in fresh herbs so do till it is of a very deep green strain it and keep it for your use take some mutton sewit & mix with the ointment and make it into suppositors.

206. *A Glistre for the Piles inwardly.*

MAKE water into a warme pot & put it into a glistre bag take it presently before it be cold you take one of these glisters every other day and when you do not you must use the suppositor but if you are in great pain you may use them at any time for they do not worke if you boyle pilewort in broth or grewell it will do much good, if the pain be violent take 2 quarts of scumme milk put in a good many turnips sliced and a great deal of the inner rine of Elder boyle them together 2 hours and pour it into a close stool boyleing hot and set over it as hot as you can possibly endure it this cures ye pain be it never so violent if often bath'd with it & twice a day apply'd hot to ye place.

207. *How to dry Flowers.*

TAKE single pinks and take ye leaves out of ye husks and cut y^m somewhat Long leaving some of ye white to ye leaves then put them into a flat glafs wherein you have mingled half a spoonfull of Aquafortis with 12 spoonfulls of water and when the leaves have layne in the water half an hour or more take them out one by one and lay them on a paper y^e right side down not to touch one another and after an hour or 2 when the water is well dried up (as it will if the paper be laide on a woollen cloth) then strow them over with fine dry sand till they be all

cover'd so let them lye a fortnight in a place where the sun comes in, in which time they will be dry and stiff then take them off the fire one by one shaking off the sand and wipe them between your fingers lay them in boxes till the winter each colour by themselves and then bind them up together by the white part of the leafe that remains till they be of what bigness you please and so put them into the green husk which must be kept for them, pickt early in the year they will keep the better takeing the natural flowers out of them, rowle a little piece of paper up and fill the husk with it lay them also in sand till they be dry use no water to them when you put your flowers into the husk fasten them with a private stick by ye green silk you bind them up withall with a fine needle at the bottom of the husk. So many severall colours as you have must be put in severall glasses of water or the colours will not be perfect, Rose buds are only laid in water 2 or 3 hours and laid out on a woollen cloth to dry without sand, for marygolds, primroses, or larke heels or the like are only in sand without water. Experience must be ye best M^r to teach this art.

208. *An Aprov'd Diet Drink to be taken every Spring and Fall from the First of September to the 1st of October & from y^e 1st of April to the Last.*

TAKE 4 gallons of the strongest wort boyle it to 3 gallons tun it up with good store of barm that it may work well then make a Canvase bag with a heazel stick thrust through it and so fasten the bag to the stick that it may not go within 3 inches of the bottom of the barrell nor float on the top put these following ingredients into the bag 6 ounces of scena 6 ounces of polipodium of the oake 7 ounces of bay-berrys huld 2 ounces of anyseeds 3 ounces of aishen

keys bruised 2 ounces of farfafrage wood, 2 ounces of faldonella, 2 drams of rubarb, let all these be groffly powdered except the scena, and when it hath done workeing stop it up close leaving some barm on the top in 3 or 4 days you may drink of it half a pint in the morning and 3 quarters of a pint in the evening, drink a draught of brothe an hour before dinner & when you go to bed keep yourselfe warme dureing the time y^e more you exercise your body ye more twill work. Probatum est.

209. *For Proud Flesh.*

TAKE half a pound of Sheeps Sewit finely shred and melt it then strain it and put half a pound of rozin finely beaten when the rozin is melted put in 3 penny worth of turpentine and boyle it a little together Keep stirring it; then pour it into cold water and keep beating of it (changeing y^e water) till tis white.

210. *To dry a Hamm the best Way.*

LAY your ham before a Good fire turning it sometimes till it is very hot then pound 2 penny worth of Salt peeter very small & rub on it & cover it over and under with half a peck of bay salt which has been heat very hot in a frying pan till it has almost done snapping & pour it hot on the ham when the ham is hot let it Lye in the saltpeeter a fortnight y^a smoke it.

211. *To wash Poynt or any Sort of Lace.*

MAKE you a board of well seasoned Dry Deale, of 3 boards in bredth well Poynted, and as long as anything you define to wash on it naile or brace on a flaxen Cloth very tight sew your poynt and lace by the purl and footing very streight on the cloth, then sew or pin very streight over it a thin canvas or bolter cloth, Soap it all over & pounce it wth a brush and

warme water (but gently) till your Ladders come clean yⁿ rince it well and starch it (with white starch of a thicknes just to Jelly when it is cold) with a sponge but leave not much on it you must dry it quick (if you cannot abroad) by the fire for fear the board should stain when it is very dry pull off your upper cloth hastily to raise a nap on it, then rip it off. Grey lace must be stiffned with Iceingglass which has been afoke over night & boyle thin.

212. *A Diet Drink for the Kings Evil.*

TAKE a handfull of egrimony one handfull of wood Bittony 2 ounces of Lignum vite; 2 ounces of scena 2 ounces of Sarsaparella, 2 penny worth of sarasfras, half an ounce of rubarb 2 penny worth of Hermidatis, Pethimony and Stigados of each one penny worth fennell seeds and Annyseeds of each one ounce, a pound of raisons of the Sun, 2 pound of English liquorish, wash the herbs, Stone the raisons, Scrape and slice the rest and bruise the seeds and put them into 2 gallons of fair conduit water and let it simmer half a day till it comes to one gallon, Strain it and when cold bottle it stoping it close and when you use it your Diet must be only dry bread & raisons of the Sun and mutton roasted dry without basting. Drink mornings & afternoons & at night about a Dozen spoonfulls at a time. Probatum est.

213. *To make Counterfeit Nants Wine.*

TAKE 12 pounds of malliga raisons and steep them in 8 gallons of water about 10 days then barrell up the liquor and put to it a gallon of the juice of elder berrys set it in some warme place that it may work and when tis fine bottle it up and drink it half a year old half the quantity of fresh reasons put to the first & half the quantity of juice will make a smaller fort of wine and may be drank in a little time.

214. *A Varnish for Deal Floor'd Rooms.*

TAKE Indian red a quarter of a pound half a pound of yellow oaker let them be ground by a grinder of colours as for painting, put these together and mix them thin with linseed oyle and put some drying oyle into it wash the rooms with a cloth.

215. *To make an Oatmeal Pudding very good.*

TAKE a pint of great oatmeal set it on the fire in a pint and half of good milk or cream 3 spoonfulls of rose water a large flake of mace when tis well boyled put it into an earthen pan and let stand all night next day put to it 2 eggs a pound of beef sewit a little candied citheron & orange peel (if you like it) sweeten it to your taste and put to it a cold custard made as followeth Take a pint of sweet cream, boyle it with mace put to it ye yolks of 6 eggs & 2 whites stir it till it be cold add a little more rosewater put some bits of marrow on top and let it stand a little in a moderate oven so Serve it in.

216. *For Mother Fitts in a Woman.*

GET the after birth of a woman with her first child take off the string then put it into a pot with 3 nutmegs shaved thin a pinte of white wine a handfull of sweet time put these into an oven to dry it till it will powder and searh it through a fine sieve. Give as much every morning and night as will lye on a 6 pence in a Spoonfull or 2 of Sack take it Spring and fall for 3 changes of the moon 3 days before the new moon & 3 days after & 3 days before the full.

217. *The Milk Water.*

BALME spearmints, wormwood, of each 6 handfulls 12 handfulls of cardus all Shred lay these all night to steep in 6 quarts of new milk and the next

morning draw it off. Ye Lady Downs adds angelicoe & to every still full an ounce of liquorish & sweet fennell seeds.

218. *For Deafness.*

PUT ground Ivy one leafe into each ear rowle it up but not too hard put it in fresh morning and evenings.

219. *A Water for any Sore or Sore Eyes.*

TAKE 2 ounces of allume one ounce of white copperis, half an ounce of bayfalt, boyle these in 2 quarts of runing water till half be waisted and when tis cold put into the bottle with it one penny worth of camphire then stop it close and twill keep 7 years.

220. *For Convulsion Fits.*

TAKE fingle piony roots take of the out side and cut them as thin as Groats Dry them on a sheet of paper in a fire pan, pound and searh them fine and give to a child as much as will lay on a silver 2 pence in a spoonfull of small beer and give another after it give this twice a day, 3 days after the change and full of the moon, and if continue make a Issue in the arme if the convulsion be in the head Take a grain of musk divide it into 2 parts put it into a little linnet and tye it up in fine rags and put them into the ears and let it stay there a month. Take featherfew and wormwood of each a like quantity stamp them and take the juice put to it a little Crab vinegar and shave in a little assafetita wet 2 pieces of old cloth in this and put them over ye ears & let them come out over ye face to reach the nose that the child may always smell it.

221. *Another for Convulsions.*

TAKE a Cat of a quarter old or younger (for a boy a She cat for a Girl a he cat) cut off the head and hold the head in one hand and the body in the

other over a bafon that you may catch the blood that comes out of both parts, then take the breaft milk of a healthy woman (if for a boy a girls milk and if for a girl a boys milk) then take a little of the blood alone and anoint the ftomach with it, then put 2 fpoonfulls of ye milk and mix it well with the reft of the blood, then fet it on a Chaffendifh of coals till tis warme then take it off and ftain it and give the child as much as it will drink and faft an hour after it give this but once and that as foon as a fit is paff let the child have a little affafetita ty'd in a rag & hung about the neck, dip it in Crab vinegar often.

222. *The Water for the Fits.*

TAKE rue feverfew wormwood of each a like quantity and now & then when fainty or in a fitt fweeten it with Sirrop of Jilly flowrs give 2 or 3 fpoonfulls.

223. *For very ftrong Fitts or Fitts in Great People.*

TAKE the outlandifh fingle piony roots and cut off y^e outside of them then flice them as thin as poffible and dry them juft enough to be made into fine powder give to a child as much as will lye on a 2 pence and to a great body twice as much 3 days before the full and 3 days after the fame time before and after the change in a fpoonfull of black cherry water and at any time if the fits be ftrong you may give it after the fit is juft over and give 2 fpoonfulls of the water after it.

224. *Another for Convulfions if that fhould faile.*

TAKE the miffleto that grows on an oake (if you can get outlandifh tis the beft) the leaves of it you muft dry on a fheet of paper make it into very fine powder and give it by the former method but you may change the black cherry water and give it in

water from green miffleto if you can get it. beſure let not thoſe y^t are troubled with fits eat anything hot that is made of flour as pudding or hot bread nor any thing of that kind. Let them drink almond drink to a quart of water put a quarter of a pound of blancht almonds ſtamp them very fine then pour ye water upon them, then pound them again then ſtrain y^e water through them again do ſo 3 or 4 times till all the goodneſs is gone then ſet it on the fire and let it boyle a little then ſweeten it to your taſte (you muſt ſcumme it) Take 3 or 4 ſpoonfulls at a time they may eat eggs or pottatoes or any ſuch light food. Let them eat alſo as followeth Steep a good handfull of great oatmeal (juſt bruifed) in a quart of water the next morning ſtrain it out and boyle it to a jelly.

225. *For Cankers in Man Woman or Child.*

TAKE a new laid egg break the little end pour out all the inſide pull out the bottom ſkin and turn the egg down to let out all ye water then take half the yolke of the egg one ſpoonfull of honey if for a child 5 tops but for a great body 7 buds of Southernwood ſhred as ſmall as you can, grate in as much ginger as will lye on a groate beat all theſe together till they look whitish then boyle it in y^e egghell ſet in the embers ſtiring it with a flat ſcuve and when the Southernwood turns brown then ſtrow in as much common allom as the bigneſs of a hazle nut pounded fine let it boyle a little longer then take it off and let it coole. put it cold into the mouth if in the throat ſwallow a little (but dont rub the mouth) y^e 1^{ſt} thing in ye morning faſt almoſt an hour after it.

226. *To draw up the Pallet.*

TAKE aquavite q^{rt} white 2 ſpoonfulls thicken it with grated nutmeg and put ſome of it pretty thick juſt on the cloſe of the head behind & wind the

locks round a bodkin over it to keep it fast on (and not remove in 2 or 3 days) & strike up the head and temples with it if the pallet be inflamed bleed in the arme.

227. *A Water for Fits.*

VERVAIN feverfew wormwood of each a like quantity distill it and take 3 or 4 spoonfulls at a time sweeten'd with Sirrop of Cloves.

228. *For a Purge that works upward.*

TAKE 12 bay leaves and rift them a little lemon peel a few cloves a little sliced nutmegs boyle these in vinegar and let the person hold his mouth open over the steem of it this will stop any vomiting.

229. *A strong Vomit for the Falling Sicknefs.*

TAKE fox glove leaves and ye leaves of oake fern of each a handfull boyle them in a quart of ale divide it into 3 parts and take it 3 mornings as vomits are ordered.

230. *A Pomatum for the Face.*

TAKE 2 ounces of the oyle of benn half an ounce of Spermacitty 1 ounce of Deers sewit if you use all Spermacitty you must have an ounce & half.

231. *A Pectoral Drink for a Cough.*

TAKE 2 quarts of middle beer maiden hair hisop and rosemary of each a handfull half a pound of sliced landfiggs a pennyworth of annyseeds bruised and a pennyworth of liquorish sliced boyle these together till it comes to a quart then strain it and sweeten it with an ounce of white Sugar Candie take 4 spoonfulls in the morning and as much at night shaking the bottle before you pour it out.

232. *To make Black Cherry Brandy.*

TAKE a dozen pound of cherrys pickt from the stalks and bruised put a gallon and half of brandy 3 quarters of a pound of double refined Sugar, cloves, mace and cinnamon of each a pennyworth 1 nutmeg sliced put it into a great glafs or runlet and let it stand close stopt 3 weeks then draw it off as much as will run clear if you please put up more brandy to ye rest according to your judgement and stop it up close again.

233. *For a Looseness in a Lyeing Inn.*

TAKE 3 nutmegs and grate them and an ounce of loafe Sugar put these into a quart of Spring water and boyle it to a pint and give 2 or 3 spoonfulls at a time.

234. *For the Palsy and Giddiness in the Head.*

MAKE conserve of Rosemary flowers Bittony flowers Sage flowers severally begin with the rosemary Take the bigness of a large nutmeg at a time last at night and first in the morning for 3 days yⁿ rest 3 days and do ye like by the bittony then rest 3 days again and in like manner take the Sage and so go round again as often as is occasion for it with these or at any other time drink some of Dr Stephens water to be found at ye 182 Rect.

235. *For the Wind in the Blader.*

TAKE 9 bees pound them and put them to a quarter of a pint of ale stir it well together and strain it sweeten it with honey give it the afflicted persons to drink they must till it has work'd.

236. *An Ointment for the Gout or any Swelling.*

TAKE cammomile tops and liverwort (after the woollynness is crompt off) of each a good handfull wash them clean and dry them in a cloth mince and

bruise them then boyle them in a pipkin or bellskillet in a quart of sweet cream till it comes to butter then strain out ye herbs and keep it in a pot close cover'd anoint any place that is afflicted this must be made in ye month of may.

237. *A Stag Powder for Fainty or Hot Bloomes & Tremblings at Heart.*

TAKE the griffle or bone that grows in the heart of a Stag dry it on paper then powder and searh it fine and take as much of it as will lye on a 3 pence in half a wine glafs of Sack 3 mornings fasting, fast an hour after it.

238. *For Deafness.*

TAKE the Ivy that have white strings in it and pound it put some of it into the ear and let it lay there all night.

239. *For an Imposthume or Gathering.*

TAKE half a pint of Sallet oyle and a good handfull of cammomile pound it and put it into the oyle in an earthen pot and set it in a oven or the chimney corner and let it stand there 48 hours then strain it out and anoint the place that is swelled keep it in a bottle close stopt if any inward imposthume take venice treacle methridate and leafe gold mixt together take y^e quantity of a small nutmeg ye last thing at night for 4 or 5 nights together.

240. *For a Sore Throat.*

TAKE tops of rosemary fennell sage marygolds with the black middles sinkfoins of each a like quantity a good handfull altogether. a little cammomile boyle it in a quart of ale till tis very strong of the herbs then strain it and sweeten with honey or Sugar, you may boyle a piece of gold or a gold Ring if you please in it.

241. *For the Stone Collick, or Gravell in ye Kidneys.*

TAKE a quart of white wine or renish and burn it, take mouse-ear pellitory of the wall, and nettle tops with the feeds and a few Juniper berrys boyle these in Spring water till all the vertue is out then strain it and put the water to the wine and bottle it up, drink a wine glasse (sweetened with Sirrop of elder berrys and De-althea & horse raddish and squeez in some juice of lemon) once a day. Approved Dr May.

242. *For ye Same when ye Person is much weakened by pain. Dr May.*

CONSERVE of roses purslane water, plantain water of each 2 ounces, Sugar of roses one ounce, Red correll, blood stone, bole-armeniack, Brasigelata of each half a dram, trofes of amber one scruple, oyle of vitriol 5 drops whites of eggs beat to water sirrop of yarrow, Comfry, Shepard pouch, Bittony of each an ounce all mixt.

243. *To make a Fume to fetch up the Mouth.*

TAKE rosemary fennell sage, marrygolds, Cammo-mile and balme and sinkfoin a few cloves bruised, and the rine of a lemon boyle all these in milk and water when tis very strong put it into a close mugg and put a cloth over the head and put a gold ring between the teeth to keep the mouth open and if the throat be very bad throw little bits of butter into the mouth then hold the mugg with the stuff as hot as you can suffer under your mouth and hold it till cold and try to sleep; and besure to keep the head warme after it.

244. *For Scalds Burns or Childblains.*

TAKE half a pound of deers or mutton sewit pick it clean and melt it Take a handfull of the Ivy with white streaks pick it clean and shred it small and

take one spoonfull of goose dung fet it on the fire and boyle it till the leaf will break Dry and crimp them then strain it and keep it for use in a gallypot.

245. *A Poultife for Burns or Scaulds.*

TAKE half a pint of milk 2 spoonfulls of grat'd white bread take Singreen and cut off the red edge and pound it and take 2 spoonfulls of the juice and put into ye milk and bread and a spoonfull of damask rose leaves shred mixt and let it boyle altogether very well to the thicknes of a poultife then take it off the fire & put into it a spoonfull of civill or Sallet oyle. this poultife must be laid upon ye foregoing ointment till ye flesh is grown even & then leave off this poultife and use only y^e ointment to skin it.

If the sinews are injured take Snails with their house & prick them whence will come a water with which anoint y^e wound with a feather before you lay on the poultife, change y^e poultice twice a day.

If any watery humour feeds ye wound then make a plaister with y^e white of an egg wheat flour bole-armeniack & vinegar and lay it above the wound.

To bring the skin to the couler again Take a handfull of parsley roots washt & scraped very clean & shred very small boyle them in half a pint of cream and anoint therewith.

If the Scauld or burn is on the head when the wound is well anoint it with honey to make ye hair grow again.

246. *To make Pidgeons increase.*

TAKE 2 gallons of water in a pot or kittle and hang it over the fire, and put in half a peck of Salt, one peck of fetches 2 pound of comming feed and 3 ounces of annyseeds let these continue over the fire till the begin to boyle, then strain the seeds from

the liquor and dissolve in the liquor 2 ounces of Assafetita, and pour in 3 ounces of oyle of Spike and a pint of aquavite wth this liquor wash your dove or pidgeon holes and cast y^e feeds on a table in the house for the pidgeons to feed on you may use this immediately after they have done breeding & a month before they begin to breed.

247. *For the Palsy.*

TAKE half a handfull of Bittony and boyle it in a pint of milk wrist the herb before you put it in that it may be very strong of it, then turn it with beer and drink a draught of it sometimes and take rosemary and bittony of each a like quantity still them and put 2 spoonfulls of the water in a glasse of beer and drink it every morning fasting or sometimes give as much powder of bittony dried and seached as will lye on a groat in a glasse of canary, or a draught of y^e forementioned liquor.

248. *To keep the Skin from breaking where y^e Dead Palsy is.*

TAKE 2 quarts of cream and one pound of mutton sewit pickt clean and shred small, boyle these together to an oyle anoint a cloth with it & lay on Searcloth-wise if it be on a part convenient, but if the whole side is dead, you must have enough dipt to Lay on.

249. *To draw out Fire when tis just burnt.*

AT first lay on Guzzle Dirt let it lay on an hour then wash it off, cut the blister and lay on a plaister made with a spoonfull of honey and the quantity of a small nutmeg of black soap mixt well together, let it Lay on 12 hours & then lay on the poultice at y^e 245 Receipt.

250. *For the Stone.*

DISTILL 3 pints of white wine, 4 pound of onions 2 pound of Sugar.

251. *For the biteing of a Madd Dog.*

TAKE primrose leaves and roots box leaves and pennyroyall of each a like quantity and half as much rue cut small put them into a quarter of a pint of warm milk, give it to dogs, Sheep, or Cows.

252. *For a Poisoned Dog.*

TAKE half an ounce of long pepper half an ounce of madder an ounce of white Elebore pounded very small together put a 3^d part of it into a pint of warme milk and Give at once as much of the powder of white Elebore as will lye on a 6 pence in half a pint of cow hot milk it is a preservative for dogs, pigs, or Cows, or any beast bit with a mad dog.

253. *To Roast a Leg of Mutton.*

TAKE a leg of mutton cut out all the inside and (leave the skin whole) chop it small with sewit and some bacon cut in long slips, season it wth Salt and nutmeg Cloves and mace, Sweet marjorum & time mincet very small put your meat into your leg of mutton again so roast it make some of it into balls & sawcidges, take a loine of mutton half roasted, cut it in steaks and stew it in water put in some wine and the gravey, season it high with pepper and salt, put in an onion and a bundle of sweet herbs a little Shallot a spoonfull or 2 of vinegar, Some orange and lemon some brown buds & pickled mushrooms Take up your meat thicken it with the yolk of an egg or 2 put in a little Sweet butter & some Capers so dish it puting the leg of mutton in the middle of the haish.

254. *To make an Orange Pudding.*

TAKE half a pound of almonds blancht beat them in a mortar with a little rosewater Take a quart of cream and 3 quarters of a pound of Sugar, and the yolks of 10 eggs 3 quarters of a pound of butter, the yellow rines of 3 oranges mince't small, mix all these together lay very good puff past in the bottom of the dish and cover over the pudding wth the same 3 quarters of an hour will bake it. Some add muske or Ambergreese.

255. *To make a Tansie.*

TAKE 16 eggs and but 6 whites beat them very well put into them some Sugar and Sack, then beat them again then put a pint of cream boyling Coulour it with the juice of Spinnage, green wheat, or prime rose leaves mix it well and sweeten it to your taste so let it stand till you frye it when first course is served in then frye it with sweet butter, it must be stir'd and fry'd very tender, & when enough dish it Strew on Sugar & Garnish it with orange or lemon.

256. *Sauce for Boyled Fish as follows.*

TAKE Sampire and capers a like quantity and a little scalded parsley and mince it all together, mix it with white wine wherein anchovise has been dissolved, a piece of butter a little nutmeg & a blade or 2 of mace Scauld it together pour it on the fish & Garnish it with lemon and barberries.

257. *To make a Quakeing Pudding.*

TAKE a pint of cream boyle a nutmeg cut in pieces in it and a good quantity of mace, 8 eggs and 4 whites beat them and then mix them with the cream with a spoonfull of grated bread or biskit & a spoonfull of fine flour a little salt, a quarter of a pound of Sugar, stir it well together till tis of the thicknes of

batter take a thick bag and wet it and rub it with flour tye it up round and put it into a pot of boyleing water & turn it up and down at the 1st boyling that it may not settle thicker in one place than another so let it boyle an hour the Saufe is white wine butter and Sugar & nutmeg.

258. Pickle for Brawn to last a Quarter of a Year.

TAKE 9 gallons of water 2 handfulls of bayfalt, or other falt an ounce of cloves and mace, white pepper of each an ounce & of Jamaico pepper, put it all in whole boyle it an hour boyle it in a quart of milk Scumme it clean as it boyles, leave the spice in the bottom for the liquor to feed on & keep it sweet let it stand to cool till the next day and when cold put in y^e brawn let it stand in a cool place.

259. To stew Eels.

CUT them into pieces as long as your finger put them into a flagon without water season them with pepper and falt and nutmeg and large mace a bundle of sweet herbs & an onion or 2 fet the flagon in a Skillet of water over the fire so let it stue shake the flagon sometimes softly when they are half stew'd put in a spoonfull or 2 of white wine, Sider or vinegar & when ready put a good piece of butter into them and shake them in ye flagon then dish them upon sippets you may put in shrimps & oysters if you like it.

260. To bake a Bullocks Head.

BREAKE all the bones when it is slit then season it well wth pepper and Salt put it into a pot with some water (& a faget of herbs if you please) and bake it with household bread while it is hot take out all the bones & place it very close in a small earthen pot that is very deep, and pour in some of the liquor

on it (whilst hot) press it close and when cold take it out & serve it at 2^d course with mustard and sugar Garnish it wth lawrell leaves & curles of the Vine.

261. *A Gooseberry Fool.*

TAKE a pint of Gooseberrys boyle them and strain them take the yolks of 6 eggs beat them and put them together a little mace sweeten it wth Sugar to your taste Stir it over the fire till tis thick enough.

262. *To dress Soales a fine way.*

TAKE a large pair of Soales and flay them on both sides lay them in a Stow pan with some butter, claret wine and anchovise, Stew them close cover'd and serve them to table with orange or lemon.

263. *A Pasty Crust.*

A PECK of flour 4 pound of butter and 8 eggs and whites. Rub the butter in breake in the eggs and mix it with cold water.

264. *Puff Paste.*

TAKE a quart of flour and 2 eggs mix it with cold water then rowl in a pound of butter and strew flour between, beat it with a rowling pin & rowle it 3 or 4 times over.

265. *Sauce for Boyled Mutton.*

PUT a good handfull of capers into near a pint of claret wine and some nutmeg let it stew on coles & stir in some butter.

266. *Sauce for Roast Shoulder of Mutton.*

BEAT the yolks of 2 or 3 eggs very well, put into them a quarter of a pint of white wine, a whole onion a blade of mace a little salt, stir these over a

chaffendish of coles till tis pretty thick save the gravey of the mutton & put into it a little Samphire and capers, let it not boyle after ye capers are in, take out the onion and pour the sauce on the mutton and serve it in.

267. *A White Pot.*

TAKE a quart of new milk boyle in it a nutmeg quarter'd and cinnamon take out the whole spice and put in some slicet manchet and cover it close till tis cold then breake the bread with a Spoon put in some eggs sugar & salt and a piece of butter, the oven must be no hotter than for a custard, or you may bake it on a chaffendish of coles leaveing embers on an iron plate on y^e top.

268. *A Sauce for all Stew'd Meats.*

TAKE all sorts of sweet herbs some onions Shred them all together small Set it on the fire in a Skillet of water and vargise and salt and mace when it is boyled almost away put the yolks of raw eggs and thicken it over the fire and keep stirring then stir in a good piece of butter this sauce is proper (also) for mutton, lamb, the head and purtenances, or veal rost'd or boyled.

269. *To make Almond Puddings.*

WASH half a pound of almonds in 2 or 3 waters then blanch them in cold water in which they have lain in all night then beat them very small putting now and then a Spoonfull of rosewater to keep them from oyling, then put them into a quart of sweet cream and the yolks of 12 eggs well beaten, 3 quarters of a pound of Sugar and as much butter the rine of 2 lemons pared very thin and mincet very small stir all these together & bake it under puff paste or you may beat the butter with the almonds.

270. *To make Puddings 4 in a Dish.*

TAKE a quart of good sweet cream & make pap with it & fine flour pour it forth and stir in 6 eggs sweeten it with Sugar and a little Salt some grated nutmeg, a little mace, some rosewater, a little grat'd bread, couler one of the puddings with spinage and put currants in another, & 2 plain, put them in wooden dishes being first butter'd and tye a flour'd cloth over them put them into boyling water and let them boyle an hour stick them (when they are dish't) the green one with rosemary leaves thick the plain ones wth blancht almonds & that with fruit with candied orange peel, y^e sauce butter and sugar and Sack & a little nutmeg you may put in some rosemary if you please.

271. *To stew Pidgeons.*

TAKE them and cut them in halves and season them with pepper and salt put the gibblets in the stewing, fry 6 or 7 rashers of bacon & put into ye stewing liquor and all stew them in Sider ale and water a bundle of sweet herbs 2 onions a piece of butter and serve it up.

272. *To Boyle a Powder'd Haunch of Venison.*

BOYLE it with a piece of beef when tis half boyled stuff it with time, marjerome, Savory, and Pennyroyall mincet small with a little sewit then boyle it till tis ready then lay in boyled turneps in the dish cut in round slices then lay in the venison and strew it with pepper.

273. *To Roast a Carpe.*

OPEN and wash it clean, Strip time parsley, sweet marjerom of each half a handfull mince them and incorporate them in half a pound or 3 quarters of butter mould it up and put it in the carps belly & sew

it up but first season the belly with pepper salt and mace and a little ginger bind him on with pack thread fast to the spit, baste it first with butter afterwards with his own dripping very often, when you feel it tender under the skin it is enough for sauce take the dripping of him & y^e herbs out of his belly and 3 or 4 spoonfulls of white wine boyle it together and serve it up.

274. *A Chicken Pye wth Sweet Seasoning.*

TAKE half an ounce of cloves mace nutmeg, a little pepper a small quantity of Sugar, 2 ounces of Suckets and marrow, dates lemon peel grapes or green goofberrys according to ye season of the year so bake them and when it comes out the oven cut open the lid and pour in a caudle made with half a pint of white wine a piece of butter the yolks of 2 or 3 eggs stir'd over the fire till tis thick.

275. *To coller Eels.*

SKIN the eels and cut them open take out the back bone Take nutmeg cloves & mace beaten & some salt and strew along ye eel & lay another eel upon that, then strew more & lay on another then rowle it up round like a coller of brawn tye it in a clean cloth boyle it till it be tender in water and salt and a little vinegar keep it in the same liquor a week.

276. *To pickle Trouts or Salmon.*

DRAW them at the gills, wash them clean and dry them in a cloth then lay them in a dish at length & pour vinegar all over them then strow salt over them (not to much) let them stand in that pickle an hour or 2 then take water enough to make a pickle to cover them and put into it a reasonable quantity of ginger, pepper cloves and mace, with a bundle of sweet herbs let it boyle half an hour then put in your fish vinegar & salt altogether so let it boyle till tis

enough, if the pickle be not sharpe enough add more vinegar, and make it to your taste as soon as tis ready take out the fish & when the pickle is cold pour it on them, this way will make them eat good and firme and look very well when they are in season.

277. *A Lumber Pye.*

WHEN you have any cold veale Turkey Capon or rabbit a small quantity will serve mince it very small. put about twice as much sewit minced fine grate a penny loafe & put into it mince a few sweet herbs as marjorum, penny royall, Spinnage &c., season it with nutmegs Sugar cinnamon a little Salt, rose water a little verjuice 5 or 6 eggs some currants worke it up altogether between your hand then put it into the pye, and put upon the meat marrow dates, lemon and orange peels candied and citheron and Suckets slicet lemon and some barberryes when it is baket fill it up with a good liquor made of half a pint of vergise the juice of a lemon butter and sugar and thicken'd with eggs like Caudle y^e bread will soake a great deal.

278. *To make Spanish Biskits.*

TAKE the yolks of 10 eggs and the whites of 5 and a pound of sift'd loafe Sugar half a spoonfull of orange flower water beat all these together 3 quarters of an hour then shake in 12 ounces of fine flour and beat it a quarter of an hour more, have the pans ready butter'd & almost fill them let not the oven be too hot very little will bake them and slide them out before the pans are cold.

279. *To pot Hare.*

FIRST take all the meat clean from the bones and beat it very well as to draw out all the sinews and stringes then season it with cloves mace and white

pepper pounded very fine there must be as much again pepper as other spices then mixt it with a sufficient quantity of salt, season the meat and work it in your hands then have ready some thin slices of fat bacon free from rasty and take a narrow high crutch and put a little butter in the bottom of the pan then a laying of slices of bacon then a laying of hare then bacon, so do till all is in the pot, lay good store of butter upon top and paste it very close let it be close stopt in the oven 3 hours, then press it into your other pot with the back of a spoon very Close putting over it 6 spoonfulls of the butter it was baked in So let it stand till the next morning then fill it up with the same butter if that be not enough add more the pot must be dry'd at y^e fire.

280. *To wash Gloves.*

TAKE yolkes of eggs and wheat flour and rub over the gloves like soap then take a hard brush and warme water and lay them on a board and scowre them well then take whiteing and water and mix it as thick as batter and dip your gloves in it and when they are half dry draw them on your hands and when they are dry beat out the dust and Gum them with gum dragon with a sponge the gum must be steep'd with cold water the Couloours are Spanish brown oaker, umber and red ledd.

281. *Eye Water.*

RED rose water and white rose water of each a penny worth, 2 penny worth of powder of Putty a quarter as much white Sugar candy shake it altogether in a bottle & drop it into y^e eyes night and mornings.

282. *A Rich Cordiall.*

TWO pound of double refined Sugar a quart of fountain water 3 quarts of the best brandy a drame of oyle of cloves, an ounce & half of spirit of Saffron, 6 grains of musk, saffron 2 scruples ambergreese 2 grains put the water and Sugar over the fire till well dissolved and scummed then strain it into a gallon glasse with the brandy mix the other ingredients in a stone mortar very well tie up the Saffron in one little bag and the musk in another and let them hang into the cordial, which will be of an amber Coulour.

283. *The Lady Ashfields Angellot Cheese.*

TAKE 4 quarts of milk warme from the cow, Stroakings is bests, or 2 quarts of cream, a quarter of a pint of runnet or a little more, & when it is all together stir it well and let it stand till tis come very hard then take it up without breaking of it and put it into your vate very softly when it is all in let it stand till night if made in the morning then put a little salt at each end and so turn it twice a day salting it every time you turn it for a week or ten days then slip it out of the vate and pin a cloth about it till its coat be hardned when hardned wipe off the salt and butter them to keep.

284. *Angellot Cheese.*

TO a gallon of new milk 2 quarts of sweet cream 2 or 3 spoonfulls of quick runnet Stir it well together, let the curd when come into y^e vate without breaking it will be all day filling, when in the vate let it stand 2 or 3 days turning it twice a day salting it at each end lightly and 2 hours after wipe off the salt with a dry cloth slip them out wthout breaking if tender bind them in cloths you must have your milk only warm from the cow your cream cold run it in a paille just washt with hot water turn not the vate till

the next morning, if you leave any salt on twill corrupt the cheefe let them dry in a wet cloth chang'd every morning when they are very hard spread sweet butter over them, keep them in sweet wheat straw change them once a week.

285. *A Thick Cheefe.*

TAKE 18 gallons of new milk 2 or 3 quarts of cream put a pint of good quick runnet when it is come gether it together with your hands drain out all the whey and wash it with warme water not to hot cut the curd very small and strewing it about a pint of salt strewing it in as you cut it then strain away the water then put it into your vates thin ones first to press out the water well then put the curd out into your thick vate before to fill it full that it press close let it stand in the press 2 days and 2 nights, when well press'd rub salt on the outside as on other cheefes, when hard if any chink be in them rub them with fresh sweet butter keep them in a dry place a year old you may eat them.

286. *Almond Butter.*

TAKE a dish of butter boyle 2 eggs rare put the yolkes to the butter take 30 blancht almonds beaten fine with rose water or orange flower water Stir them in the butter strain them through a Cloth with a fit quantity of Sugar.

287. *To Fat Poultry.*

FOR pullets or Capons take barley meale 3 parts and figg duft of oats one part and make crams of it in paste feeding them twice or thrice a day & for drink let it not be water, but broken beer mixt with the powd^r of chalke and fowe up their vent holes with a needle & thread this fatts them in 14 days therefore kill them or they will die wth fat.

288. *Sr William Buttons for those w^{ch} make Bloody Water.*

TAKE of red single holliehocks leaves and still them in a rose or ordinary still (the leaves of the flower) and of this water drink 4 or 5 spoonfulls then take of conserve of white lyllies, made of the leaves of the water lillies the quantity of a walnut a week or 10 days as you shall find good in it more or fewer days by him Probatum.

289. *A Purge of the Lady Binions.*

TAKE 3 drams of rubarbe and put in it a quarter of a pint of white wine seting it a stoop 12 hours then take it out of the embers in w^{ch} you must set it to steep and let it cool a little then put to it one ounce of Sirrop of roses if easie to worke if hard one ounce and half and drink of it blood warme & when it works take a drink of posset drink between every workeing.

290. *Another of hers for the Green Sicknes.*

TAKE one pound of capers 1 pound of the best currants you can get boyle them in a quart & half of strong ale till half be consumed and take of this a spoonfull of each, capers, currants, & liquor & stir after it.

291. *Mr. Walldrone's Cure for Green Wounds.*

ROMAN vitriol apply'd not to the wound but to the blood of the wound wiped on a clean linnen cloth then put your vitriol on the blood ye last is best and when heal'd by this applications, bind your cloth wrap'd up as wⁿ you dress'd y^e blood) to a stone & thrown into some well or deep water, then shall ye wound no more trouble you.

292. *Mrs. Hellen Parrys Receipte for a Cold.*

TAKE ye fairest orange you can get rost it at ye fire then put thereto a pretty quantity of Sallet oyle sweeten it with Sugar candie or Sugar drinking it 1st in ye morning & laft at night.

293. *An Eleſtuary for the Green Sicknefs or Pain in ye Stomach.*

TAKE half an ounce of rubarbe slice it and beat it very well, then take a quarter of a pound of blew currants wash them & dry them very well in a course cloth then beat them also very well, then take 2 penny worth of english saffron dry it and rubed very small then mix all these together & beat it till it comes to a conserve, so puting it in your gallypot & keep it for your use taking of it the quantity of a walnut 4 or 5 mornings together fasting eat not in 2 hours after it but walk on it add wormseed & liquorish in powders.

294. *To Recover or Strengthen a Weak Eye Sight.*

TAKE of cloves nutmegs, Grains of each half an ounce of english Saffron 2 penny worth of eye-bright leaves dryed in the Sun a handfull make all these into fine powder then take 8 or 9 raisons of y^e Sun, stone them, then put into every of them as much of the powder as will lye on a penny eating them in a morning fasting not eating an hour after.

295. *Mr Gaskins Cordial Powder.*

TAKE seed pearle, redd coral, crabs eyes harts horne white amber of each a like quantity being all finely beaten and searcht, then take of the powder of the black tips of crabs claws as much of all the rest of the powders as finely beaten and searcht then mix all these very well together & make it up into balls

with jelly of harts horne, wherein you must infuse a little saffron so leting them lye untill they be dry which powder being finely scrap'd may be taken 10 grains in a spoonfull of oraggons water washing it down with another Spoonfull of the same water but to a young child feaven grains are sufficient.

The vertues are many as followeth, first to prevent Smallpox and put for the disease it recovereth a Consumption if constantly taken a good space. it is most excellent in all violent feavors burnings and against all sorts of poyson it serveth to extirpate and master the venome of ye pestilence when no bexra lemia Sigillata Beazers Stone or unicorns horne though taken in a double proportion can match or shew its Selfe equivalent it is very good for the passions of the heart and for that most Singular probatum it also helpeth ye quotidian & double tertian agues the quartain I cannot much commend it for only it comforts the spirits and mittigates the fits but for all other agues very good being taken in time it preventeth a man from all diseases and infections and continues their health and viggour working without any violence to nature and in agues without any sensible motion for it provoketh not to purge or vomit nor give any offence at all to ye herb smell or stomach.

296. *The Lady Marquese Heartfords Re^a for
all Agues.*

TAKE halfe a pint of white wine and the quantity of a walnut of London or other treacle put them both together into a porringer and stir it till it tis dissolved then put them into a half pint pot and cover it close seting it in embers that may but keep it warme the space of 5 hours then when you go to take it oft opening the Lidd let it first simmer a quarter of an hour upon a very gentle fire then take it off the fire

and stir it a little then cover it & take it blood warme when you go to bed the night before your fit comes for your supper you may eat some light spoon meat it will cause you to sweat all night but must not be taken till after the 3d fit. probatum.

297. *An Excellent Powder to Cure a Defective Memorie Giddiness in ye Head or any other Distemper in the Brain.*

TAKE 3 ounces of seana leaves zedoane commine parsley and dill seeds of each one ounce ginger half an ounce cloves nutmegs gallingall pimpermell roots sage rue vallerian Annysseeds of each a quarter of an ounce pound all these small then mix them very well together with 4 ounces of white sugar candie finely beaten of this you must take mornings and evenings a dram at a time drying your herb well before you make it this is ye Lady Wroughtons with the following ointment.

298. *An Ointment for the Giddiness in the Head or any other Distemper in Ye Brain or Defect in the Memorie.*

TAKE white lillyes colwort leaves wild balme of each one dram being pounded put them into a pot with 2 ounces of Sallet oyle fresh butter as much as all the rest 3 spoonfulls of the spirit of Sack 3 times rectified water of rue of sage of Sallendine of each 2 spoonfulls temper these well together and set it in embers to keep it warme 8 hours then strain it through a cloth, then boyle your liquor till it be as thick as honey on a mild fire then take it off the fire and put it in a wide mouth'd glasse and Sun it till it come to the colour of copper so keeping it for use when you have occasion to use it anoint the hinder part of the head your poule and temple especially

warming it when you use it and keep the head warme some time after this is best made when the Sun is hottest.

299. *Mrs Skillins Re^a for the Yellow Jaundise.*

TAKE a pint of strong beer or Ale 9 earth wormes Slit them and Scoure them from their slime then take a handfull of Sallendine and one penny worth of Saffron and put all these together and let them boyle up once or twice then let them stand till they are cold then strain them out & drink this 3 mornings.

300. *The Lady St Johns Approved Re^a for the Stone.*

TAKE 20 bees and kill them as they come out of their hives dry them on a tile stone or fire shovel then beat them into fine powder take then some snail shells such as snails have left the clearest and most transparent of them and beat them into very fine powder then take a double quantity of this and mix with a single quantity of your bee powder and put as much of both these powders very well mixt as will lay on a 6 pence into half a spoonfull of Sirrop of althea called marshmallows stirring it well together so giving it to ye party w^h the fits upon them and he shall find (God willing) present ease if you please you may an hour or 2 after give the party a good draught of white wine wherein you must boyle half a handfull of proser and as much pellitory of the wall.

301. *For a Cough a Drink by Dr. Bauyer.*

TAKE 3 quarters of an ounce of french barley of the finest you can get wash it in 3 or 4 waters then let it steep one night in water in the morning pour away that water then put the barley into a quart of Spring water and a small spoonfull of anyseeds with it boyle these together till half the water be consumed

then strain away the water and let it stand and settle the space of an hour then take the clearest of this water and sweeten it with white Sugar Candie to your liking swallow down thereof as leisurely as you can a spoonfull or 2 in your coughing fitts making it first blood warme before you drink of it.

302. *An Approved Rect. for a Consumption.*

TAKE 4 bunches of turneps and 12 bunches of coltsfoot leaves sweet fennell feed annyseeds carraway seeds coriander seeds of each half an ounce bruising them in a mortar 4 ounces of english liquorish not scraped or bruised but sliced thin half a pint of hysope water half a pint of red rose water 4 ounces of white Sugar candie 5 or 6 ounces of the best hive honey then 1st you must pare your turneps then take a well glazed earthen pot that is strong and lay in the bottom thereof some of your coltsfoot leaves and strew thereon some of your liquorish and bruised seeds then lay a laying of turneps then leaves then seeds again then more of your seeds all over and down the sides of the pot then your liquorish and seeds then your turneps so laying your lays till all be in the pot but the last lay must be coltsfoot leaves then cover your pot up close with paper or paste and set it in a bakers oven with their peck loaves and when it drawn strain it as soon as you can into a great yellow pipkin that will hold a gallon then put in your waters and Sugar Candie and set it on the fire till ye Sugar candie be dissolved then take it off the fire and put in your honney and keep it stirring till your honney be dissolved then cover it wth y^e cover of the pipkin till it be cold then put it in glasse or bottles and keep it in as coole a place as you can and drink thereof 3 times a day blood warme the quantity of a quarter of a pint at a time fasting an hour after.

303. *An Aproved Re^a for the Wind.*

TAKE a quart of white wine and a thimblefull of parley seed the like quantity of annyseeds and so much more of fennell seeds & carraway seed and one penny worth of liquorish and half an ounce of nutmegs and a lemon sliced put all this together in the wine and boyle it till half a pint of the wine be boyled away then put into it a quarter of a pint of Spearmint water and one penny worth of treacle & half a pint of fennell water & so keep it for your use & when you have occasion drink of this 3 or 4 mornings when you rise and last at night & let it be blood warme when you drink it this is excellent for what it is mentioned.

304. *For Convulsion Fits in Man Woman or Child.*

TAKE 3 drops of cats blood in breast milk or cowes of the milk one spoonfull blood warme mingle the milk and blood together putting thereto a grain of musk and give it the patient an hour before the fit if you know at what time it comes if not then as soon as they find it coming let them drink it. this is aproved.

305. *A Cordial Water of any Cherries.*

TAKE one pound of cherries pluckt off their stalks then take 2 quarts of claret wine and half an ounce of nutmegs and an ounce & half of cinnamon and beat them to powder then take half a handfull of balme tops 10 tops of rosemary spriggs then mix all these together and let them steep 24 hours then put them in a hot still and let your water distill with a soft fire into your glass and before you stop it up put thereto 2 ounces and a half of white Sugar candie finely beaten & hang therein a grain of musk

So stop it very close and keep it for your use it being good for any oppression at the stomache & to comfort ye heart.

306. *Sr Roger Pallmers Teeth Powder.*

TAKE a quantity of Sandoues and half as much allome and burn your allome then take a quarter so much bole-amaniacke and you must scrape your bole-amaniacke beat your sandoues and allome into fine powder then mix them all well together So keep it dry (or it will run to water) and rub your teeth with it wetting your finger to make the powder stick and wash it off either with clarret white wine or water every morning w^{ch} will long preserve y^e teeth. Probatum.

307. *Dr. Feners Strengthening Broth to Thicken any Sharpe Humour.*

TAKE a pullet put it to boyle in 7 pints of fair water first breaking & quartering and washing it before you boyle it and when it boyles scumme it very clean of shavings of ivory and hartshorn of each one ounce which ye night before you use you must first infuse it in hot water add to them an ounce of french barley of cumffry roots thinly sliced the quantity of four fingers of china roots thinly sliced one ounce of dates finely sliced 2 ounces of gume dragon a dram of dry red roses a small handfull, of burnet a handfull let all this boyle gently the vessel cover'd till half be consumed then take it from the fire and put thereto 2 ounces of old conserve of roses dissolved first in half a pint of clarret wine and one ounce of marmelade of quinces 2 ounces of peniedice of sugar one nutmeg thinly sliced so much cinnamon and of the wood of red saunders thinly sliced or grossly beaten as your little finger then set it on the hot embers to infuse 6 or 7 hours the vessel close stop'd

as I have direct'd and when it has infused as aforefaid increase the fire y^t it may boyle and so soon as you perceive it boyle take it off the fire & about half an hour after strain hard away the broth and drink of this half a pint warm in the morning & at 4 a clock in y^e evening. Probatum.

308. *A Wash for the face after y^e Small Pox.*

TAKE a gallon of small white wine and 8 pints of rosemary flowers 3 pints of shell snails 3 lemons sliced thin, of balme & flax seed of each a handfull 4 sheets of Venice paper and a dog of 9 days old take the snails out of the shells and wash them in 12 waters then drain them in a linnen cloth kill also the dog and flay it and fling away the head dry the 4 quarters in a linnen cloth then put all this into a glasse still together and draw it with a pretty quick fire y^e 1st pint will be the principal the 2^d and 3^d very good put to each pint 2 ounces of white Sugar candie finely beaten & so keep it for your use bathing it 3 times a day with a fine cloth or tuft of white raw silk.

309. *To make Runnet Cream.*

TAKE a quantity of the best cream and boyle it and when it hath boyled very well take it off and season it with Sugar and amber-grease mix'd with a little rosewater but you must not put them in when your cream is too hot but stir it till it be but warme and then put in a little runnet as much as you think fitting then stir it till it be cold then serve it up.

310. *To make Egg Cream.*

TAKE a quart of the best cream and boyle it then take 9 yolkes of eggs beat them well with a little rose water and season it with Sugar and some amber-grease and when your cream is well boyled put your

eggs so prepared to it and let them have a walme together but it must be stir'd all the while then take it off keeping it stirring till it be cold.

311. *To make Plumme Cream.*

FIRST take your plummes pare them and cut them from the stone then slice them very thin and put them into a tankard then set it into a Skillet of boyling water upon the fire that the water get not into your tankard so let it boyle till it comes to a jelly then take it out and beat it with Sugar & rosewater cut it into quarters and put some large mace into it so let it boyle well then take it and stir it till it be but warm then put in as much of your plumme stuff as will thicken it and so beat them altogether and when it is cold serve it up.

312. *To make Apple Pasties.*

TAKE of the best apples and pare them and core them and slice them very thin and season them with Sugar and a little ginger and orange peels & so stir it well together and put them into your paste which is best when thineft.

313. *To make fresh Cheese and Cream.*

TAKE a quart of new milk and a pottle of cream boyle them with whole cinnamon large mace and sliced nutmeg then take the whole spice out and coole the cream very well then wring a whole lemon into a little whitewine vinegar as much as will turn the curd then take the curde off with your hand and put it into a clean cloth tye it with a thread & hang it up y^t the whey may drain out of it, in the mean time take a quarter of a pound of almonds blanch them and grind them very well as fine as you can then mingle the curd and the almonds being finely beaten together and put 2, 3 or 4 spoonfulls of rosewater

2 grains of ambergrease one grain of musk Sugar as much as you please and being mixt together rub them through a hair sieve with a spoon.

314. *To make Dutch Waffers.*

TAKE a pottle of milk and warme it 2 spoonfulls of yest temper it with a little cold milk and a pretty quantity of salt as may season your waffers then put it into your milk and 3 manchets which you must first soake in your milk cutting away the crust then breake it small and put to it so much flour as will make it batter as thin as pancake batter beat 18 eggs very thin with a little salt and put them first to your milk if you will you may grate your bread and mingle it with your flour and then stir it very well in your milk and eggs melt half a pound of butter and put it to your batter and set it ariseing in the chimney corner being cover'd with a cloth till it rise very well and then heat your irons and take a piece of a bottom cruste and spread it with butter and so anoint the irons with it then put some of your butter in ye irons but not to much bake it awhile on that side then turn it on the other side in like manner and Serve it up wth butter and Sugar. Probatum.

315. *To make Cracknells.*

TAKE a pound of fine flour and half a pound of fine Sugar finely seached mingle 3 parts of the flour with the sugar and a few anyseeds and colliander feeds take 2 ounces of sweet butter and melt it with 2 spoonfulls of rosewater put in it one grain of musk one grain of ambergrease made into dust with a little sugar mingle it with your flour and sugar and make your paste with your liquor make it into thin round cakes and so bake them no thicker than a plate make them up with the rest of the flour and dust your paper very thick prick your paper very thick before

you lay them on when you set them in the oven wett them over with the yolk of an egg and rosewater beaten together so bake them in a reasonable hot oven.

316. *The Lady Jenkinsons Ointment for ye Pain in ye Stomach.*

TAKE one handfull of garden tansey the like quantity of rosemary one handfull of cammomile shred all these and then boyle them in one pound of fresh butter till the strength of the herbs be boyled out then strain it and keep it for your use.

317. *To stop vomitting for one in a Consumption.*

TAKE of nutmegs cloves cubibs Safanas of each an ounce Cinnamon Gallingall roots Sippris roots Saperilla of each half an ounce put all these in a jugg with a gallon of Sack or white methegline stop it close and infuse 2 hours then run it through a bag then put in 3 grains of muske as much ambergrease and half a pound of sugar you must set it to infuse on some hot embers or near the fire that it may a little warme then through the bag run it again when it is cold so keep it for your use takeing of it morning and evening fasting 6 spoonfulls.

318. *The Lady Jenkinsons way to preserve Barberries.*

TAKE the fairest and best colour'd barberries & take out (with a needle put into a stick) the stones then put your barberries into a silver bason wth as much clarified Sugar as will cover them and so let them boyle in a seething pot of water leasurely till you see your barberries tender and the sirrop well coloured then take up your barberries and put into your sirrop half a pound of Sugar finely beaten and so let your sirrop boyle till it be thick to a jelly and when it is cold put in your barberries & they will seem quaking and so you may keep them all the year.

319. *To make Sugar Cakes.*

TAKE a quart of fine wheat flour finely searh't half a pound of Sugar beaten and searcht mingle these together with the yolke of an egg and one pound of butter and one spoonfull of rofewater knead all these cold together then make your cakes round and thin and prick them thick laying them on flour'd papers so bake them in your oven.

320. *To make Biskit.*

TAKE half a pound of fugar finely beaten 7 yolkes of eggs 5 whites beat ye fugar and eggs together an hour then having your oven ready put in five ounces of flour and a spoonfull of carraway seeds stir it to mingle all well together then have paper ready cut and put a spoonfull on every paper and so fast as you can hasten to the oven they will soon be baked if y^e oven be hot as for manchet.

321. *To make Cheefe Cakes.*

TAKE new milk cheefe when it is well pressed and work it with your hand till it be like pulpe then work it with some cold butter and put in 6 yolkes and 2 whites some plumpt currants season it with nutmeg cinnamon & Sugar and so make them up in very good paste.

322. *To make Almond Loaves.*

TAKE a pot of milk and put so much runnet to it as will make a fine tender curd then drain it very dry then take the yolks of 6 eggs a spoonfull of rofewater 3 or 4 spoonfulls of cream 3 spoonfulls of flour and 2 of grated bread So season it with Salt Sugar and nutmeg then being well mingled, make them like loaves and bake them in wooden dishes and bake them very quick or else they will flat when you serve them then let their sauce be rofewater butter and sugar.

323. *Mrs Daniells Re^a to make White Metheglin.*

TO every 3 gallons of water put one gallon of honey seeth the same on a moderate fire till the third part be consumed scumming it clear stirring it with a Scummer now and then to raise the honey from the bottom wⁿ its sodden enough it will be clear in boyling by which you may know it is boyled sufficiently then put it into a sweet vessel to every 3 gallons so boyl'd and clear'd put one quart of good ale barme the next day draw y^e same liquor into another vessel leaving the grounds in the bottom & then put new barme the same quantity after it's again thus purified and so let it rest in the vessel putting in your bag of spices. The Lady Downs adds Sweet marjerom, rosemary pennyroyall, violets, sweet bryer tops, fennell balme tops lavender tops and time the best of seeds coriander carraway and anyseeds, of spices ginger nutmegs cloves and mace the spices and seeds to hang in a bag in the barrell, these herbs and spices to the quantity of 8 gallons half an ounce or better of each. But with this addition twill not be so white.

324. *Another of Hers to make White Metheglin.*

TO 12 gallons of water you must take rosemary half a handfull broad time, sweet marjerom, egremony, harts tongue burrage buglace of each one handfull of violet flowers 2 handfulls of jillie flowers one handfull anyseeds coriander carraway parsley seeds of each one ounce well bruised w^{ch} with the seeds boyle the herbs in the water till it comes to 10 gallons then strain it out and let it coole a little put in your honey good hive honey and stir it together ading so much liquor as will bear an egg to the breadth of 6 pence then take the liquor and put it over ye fire and boyle it a little but scumme it very well, then make it cold and put a little fresh ale barme

into it then put it into a barrel & when it hath done working put in a little bag of such spices as you please with a small quantity of musk.

325. *To make a Silliebube.*

TAKE a pint of white wine a pint of mornings cream and a quarter of a pound of Sugar and put them in a bason and beat them well together till it come to a froth then pour it into a Syllabub pot and milk a sufficient quantity of milk upon it and let it stand in a coole place till night for the longer it stand so it grow not four the clearer the drink will be and the firmer ye curd.

326. *To make a Posset without Milk.*

TAKE a pint of Sack and as much ale and put them into that you will make your posset in and in a skillet of water set your pot with the ale and wine till they boyle then season them with Sugar and other spices then take the whites of 16 eggs and the yolkes of 2 or 3 and beat them till they be as thin as water and when your Sack and ale doth boyle pour your eggs upon it as you would do milk stirring it that while with a spoon.

327. *To make Sugar Puffs.*

TAKE half a pound of the finest sugar beat and searh it as fine as you can then put it in a stone alablafter mortar then take the whites of 4 eggs beat them to a froth and put it to your Sugar and beat it with your Sugar as white as you can and as fine as may be then put as much civet as a pins head and as much musk then butter your plates & wipe then afterward lay them in workes bake them in an oven after the bread is drawn or pyes you may put seeds if you please.

328. *The Lady Jenkinsons Plumme Cake.*

TAKE a peck of fine wheat flour 3 pound of butter breake your butter in pieces into the flour till it be crumbly and then take 8 pound of y^e best currants and put them in with a quarter of an ounce of mace & one ounce and half of nutmegs a pound and half of loafe Sugar a spoonfull of salt and an ale pint of Scaulded cream and a pint of cream cold something better than a quarter of a pint of sack 6 eggs both yolkes and whites a pint of new ale barme strain'd, mingle all these together but do not knead it longer than to mingle it, then set it before the fire to rise, which will be in half an^r hour, it must be cover'd with a blanket, when you rowle it out you may if you will put a sheet of other paste under it the oven must be well and hot and it must stand in the oven at least 3 hours when it is almost baked you may draw it to the mouth of the oven and see it as you do tarts.

329. *To make Light Bread the French Way.*

TAKE half a peck of fine dress'd flour and a pint and half of the best ale barme & as much fair water made hot not to Scauld y^e barme but hotter than to endure your hand in it then put your barme to it and season it wth a small handfull of salt then make your dough with it & knead it well together & as fast as you can make it into 16 small balls & spread a woollen cloth to lay your loaves on & cover them with ye same on board lay them one by one not to touch then put them in the oven when you go about your dough you must not let it stand to long but there is no directions to be given when to draw, but you must draw it as you see Cause.

330. *The Lady Buttons Almond Butter.*

TAKE the best Jourdan almonds and blanch them beating them very small with sweet cream and strain it out and put in as much Sugar as will sweeten it beat your almonds after the first straining 3 or 4 times then set it over a gentle fire till it is pretty thick then put it in a cloth to whey So let it hang all night to drain then turn it into dishes.

331. *The Lady Bidollyps Raspberry Wine.*

TAKE to every gallon of white wine 2 quarts of raspberries bruise them then put them and your wine into a stone pot and add to every gallon of wine a quarter of a pound of sugar so cover it close and let it stand steeping 5 days stirring it once every day then take an hipocras bag & wet it with milk and so run your wine through it several times till it run clear then draw it off into bottles and let it stand 3 week with the corks but slightly put in then put into each bottle a knob of sugar and stop up your bottles then very close & tie down y^e corke & set them in a coole place and it will keep a great while.

332. *The Lady Ashfields Metbeglin.*

TAKE fair water and the best honey beat them well together but not in a wooden vessel for wood drinks up your honey put it together in a kittle and trye it with a new laid egg which will swim at top if it be very strong but if it bob up and sinke it will be to weake and you must add more honey one quarter of honey to a gallon of water will make it very strong then boyle it an hour and put in to it a bundle of herbs what sort you like best a little bag of spices of nutmegs, ginger, cloves and mace and cinnamon Scumme it well all the while it boyles when it hath boyled a full hour take it off and put it

into earthen pans and so let it stand till the next day pour out all the clear of it into a good vessel that hath had sack or white wine in it let your bag of spices hang in it and so let it be very close stop'd & well filled and let it stand a month longer then if you desire to drink it quickly you may bottle it up if it be strong of the honey you may keep it a year or 2, but if weaker than the proportions above written then it will be ready in 3 months to be spent rosemary time & sweet marjeron are ye herbs should go into it a sprig or 2 of each.

333. *The Marleborow Cake.*

TAKE a peck of fine flour to it 4 pound of currants 4 pound of butter of cloves mace nutmegs carraway (or corriander) of each a quarter an ounce but most of mace a pound of Sugar a pennyworth of Saffron Sack and rosewater ale yest something less than a pint so make them up into cakes about 2 inches thick prick them wth a bodkin and bake them for your use.

334. *To make ye Spanish Cream.*

TAKE 5 quarts of milk warm from the cow and when it's boyl'd up to ye top of the Skillet have a quart of cream ready and put it into the milk and stir it well about while on the fire then take it off and put it in 3 or 4 Sallet dishes and let it stand in a coole place that day and a night ye next day take ye cream clean off and put it in a deep gally pot and put as much Sugar as will sweeten it and with a spoon beat it till it be as thick as cream in a churn when it is ready to break and then put it in a dish in what fashion you please with raw cream with it or rather about it.

335. *A Cabbage Cream.*

TAKE fresh milk and scald it and while very hot put it in severall pans and let it stand till there be a yellow scumme upon it then cut the scumme in ye middle then take it off the milk and lay it on a sawcer which put in your dish you will serve it in with the bottom of the sawcer upward when the sawcer is all cover'd with the cream searce some fine sugar through a tiffanie upon it and sprinkle some rose or orange flower water upon it then take the same milk and do as you did before so make your cabbage as big as you will.

336. *My Lord Howards Re^a for Sherbett.*

TAKE 12 lemons and 12 oranges pare them as you pare an apple neither to thick nor to thin then pinch out the juice out of your peels into sugar next strain out the juice of your oranges and lemons into a pound of powder Sugar then mingle all your juices together and let them stand all night then the next day add another pound of sugar and let it stand till it dissolves then bottle it up for your use keeping it coole and perfumeing it to your likeing.

337. *To keep Damsons all the Year.*

TAKE 3 pounds of the fairest Damsons off the tree and wipe them and pick them with a few holes and lay them one by one in earthen dishes and after y^e bread is drawn set them in the oven but not to hot let them stand a day to coole after they are drawn then take a pound of sugar to 3 pounds of Damsons and lay a thin paste in the bottom of a Skillet and lay your damsons close one by one the rest strew between and over your damsons to cover them so put them hot into your pot and the liquor hot also to them so let them stand till through cold

then clarifie butter and put on them not to hot and so let it coole then cover it close and keep it for your use all the year & when you take of them to use and breake your butter you must keep the same butter to cover the remainder till all the damsons be spent. Probatum.

338. *Oyster Porrage.*

TAKE a barrell of oysters and in opening them save all the liquor with them put a quart of white wine and a little mace a whole onion and 5 anchovise set them over a gentle fire and let them stew till you conceive them ready then take the yolkes of 16 eggs well beaten together and so put them into your oysters stirring it constantly to keep your eggs from curdling and when you find them enough stew'd take it off the fire putting into it half a pound of sweet butter and rub the bottom of your dish with garlick or shellot and serve them up with sipputs round the sides of your dish.

339. *To make Pancakes.*

TAKE 8 eggs whites and all beat them very well and put to them a quart of cream and as much flour as is needfull then take a pound of fresh butter and melt it and throw into your batter and a nutmeg grat'd and so fry them without any other butter in the pan your batter must be made an hour or 2 before you frye it up eat them with juice of orange and Sugar.

340. *The Lady Seymours way to Coller Beefe.*

TAKE a flanke of the youngest beef you can get and cut it into 3 pieces & put it into a paille of plump water and put 2 quarts of salt peeter to it and so let it lay 4 days then take it out and take nutmegs cloves and mace a reasonable quantity and a little

pepper beat altogether then take a handfull of sage and half as much young bay leaves shred very small and mingle ye spices and them together and strew them between every laying of beef and so rowle it up in collers very close and keep fast with skewers as you tie it up then put in a pot with 3 pints of claret wine and a gallon of strong broth of mutton or fresh beefe before you lay your coller beefe in water take off the scumme in the inside and when you put the collers in the pot cover it with the scumme then lay the over scumme 3 pounds of beefe sewit the pot must be very close past'd up and set in the oven with brown bread & stand 10 hours then take it out of the pot from the liquor and keep them dry for your eating.

341. To boyle a Rump, Surloine, or Rearing of Beef.

FIRST corne it well with salt 44 hours at the left or 48 if the time will permit then take of the marrow of the beef or the beef sewit the length of your finger then take sweet herbs as marjerom, winter favorie, pennyroyall, and some time mince them small with your fat or marrow & so stuff it in 4 or 5 rowes all over your beef boyle it with 4 or 5 onions whole then put in pepper and ginger very small beaten only as much as will give it a taste when all these are half boyled put into the broth half a collender of any wholesome sweet herbs grossly cut put into the broth a little vinegar when it is thoroughly boyled serve it up wth good store of white sippets in your dish pour your broth and herbs upon the beef before you boyle y^e beef wash off the salt and cut off the fat very well otherwise ye broth will be too fat and too salt and when your onions are boyled enough take yⁿ out also for they are only to give a taste but not to be seen or served in.

342. *To preserve Oranges or Lemons.*

TAKE oranges or lemons large and well colour'd and with a little grater grate off the very outside and deep colour then lay them in water 3 or 4 days then boyle them very tender shifting your water 3 times but let your water be hot which you shift them with in boyling to take away their bitternefs from them and when they be very tender then take them out into some earthen dish and with a penknife cut a little hole in the top and take out all the kernells, then take to every pound of oranges a pound and half of good loafe sugar and to every pound of Sugar half a pint of fair water and breake your sugar and mix it with your quantity off water and boyle it to a pretty sirrop then take it off the fire and when it is between hot and cold put in your oranges and let them simmer a little but not boyle to fast, for fast boyling will make them hard and tough then put orange and sirrop together in a pot and let them stand 3 days then take out the oranges again and put some more Sugar into the Sirrop & boyle it something thicker and scumme it clean and when it is almost cold put in your oranges again and then set them on a soft fire as before leting them only simmer half an hour and then put them up for 3 days more and the 3^d or 4th day do likewise as before to take out the oranges again and let y^m simmer another half hour then take them off the fire and put your oranges first in your pot you will keep them in then pour the sirrop on them and let them stand till they be cold then tie them up to keep.

343. *To preserve Pippins Green.*

TAKE pippins when small and green off the tree pare a few and slice them and boyle them in a quart of fair water till they be pap then drain them

through a cloth into a bason of earth then put the liquor into a skillet with a pound of clarified Sugar and put as many green pippins unpared as that liquor will cover and so let them boyle softly and when you see them boyled as tender as a colding then take them off and peel them the upermost white skin and then put them in your firrop again & boyle them till the firrop be thick and your pippins will be green and you must pot and keep your pot near y^e fire. Probatum.

344. *To preserve Cherries.*

TAKE 6 pound of fair cherries and 7 pound of double refined Sugar then take a pound of cherries and pick off the stalks and bruise them into a gallypot and set it in a skillet of water and boyle a good while putting a little water to get out all their juice the whilst they are infusing stone your raw cherries and as you stone them put them into some of your sugar finely beaten which will keep them from turning black and when you have stoned all of them laying them in a preserving pan strew on your cherries a third part of your Sugar and then pour on your strain'd liquor of your other cherries to the raw cherries in your preserving pan and set it on a charcole fire and so let it boyle very leasurely takeing off the scumme as it rises and very often shake them and stir them up from the bottom takeing them off the fire sometimes to scumme them clean and let them boyle a pretty while then put in the other part of your Sugar and let them boyle very high to clear them & when they be boyled enough just as you be going to take them off fire take a lemon and cut it in the middle and take out the seeds and squeeze out y^e juice into the cherries all over them then take them off the fire and take a sheet of cap paper and lay all over the cherries to take off y^e remaining scumme very clean then take out the

cherries leaving them in your sirrop to cleanse them from the scumme then when the sirrop is also cleaned of scumme pour it to your cherries in your pot and when they are thoroughly cold tie them up in your pot sometimes opening & stirring them will keep them from candieing & they will keep the better.

345. *The Carraway Comfit Cake without Fruit in it.*

TAKE 2 pound of fine flour 3 quarters of a pound of fresh butter a pound of Sugar both these put into the flour dry (the butter in many small pieces) 7 yolkes and but 3 eggs more which put into the 7 with their whites also and beat them very well together with 4 spoonfulls of Sack and as much rosewater first steeping in the Sack and rosewater 6 pennyworth of saffron some nutmegs grated then take half a pint of cream boyled and cool'd again then take a pint and quarter of very good ale yest and mingle it with the cream eggs and spices sack and rosewater, warming it altogether milk warm keeping it stirring while you warm it & when warm pour it into your flour, covering it over lightly with the flour & so let it stand a quarter of an hour close cover'd then mingle it all very well together and add thereto a pound and a half of carraway comfits w^{ch} when all very well mix'd put into a paper hoop & set it in an oven prepared for it 3 quarters of an hour for if it stand to long it will run abroad & be heavy.

346. *The Lady Marques of Worcester's Re^a to Jugar all Sorts of Sharpe Fruits or Herbs to dry or Flowers.*

TAKE the whites of eggs and beat them to a froth and when the froth is high dipe your fruits herbs or flowers and have some fine sugar double searched and while they are wet with the froth dipe in your

herbs fruits or flowers into your sugar your fruit must be spent but your herbs and flowers will keep all the year.

347. *To preserve Chyna Oranges.*

TAKE what quantity you please of chyna oranges and with a smaller grater grate off the yellow peel (the deepest and ripest oranges do best and clearest) let your grater be very clean else it will change the colour, and take great care you grate not to deep and as you grate them put them in water or they will turn blackish and when you have done them all wash them in 2 or 3 waters and have a kettle of clear water to set them over the fire for a quarter of an hour let them boyle in this first water then have another kettle of water boyling and shift them into it so shifting them into fresh kettles of boyling waters 5 or 6 times so boyling them till they be so tender as a straw may go through them then take them and with a penknife cut out a round piece in the bottome and keep it to go in again, after you have first taken out all the seeds very clean with your little finger and preserved them and are going to pot them up then only you must put in the piece you cut out as a Stopple to them you must weigh them when they are boyled and to every pound of orange you must take 2 pound and a half of double refined sugar and to every pound of sugar you may put almost half a pint of fair water, divide your sugar into 3 parts then take one part and put into all the quantity of water stir it together in a great Skellet and set it on the fire and let it boyle a little and Scumme it clear then take it off the fire and let it be pretty coole then put in your oranges and set them on a soft fire and let them not boyle but simmer a little while then take them off the fire puting your oranges 1st into a pot and then pour on the sirrop to them and let them stand 3 days then take the oranges

from the firrop and put your firrop into a skellet and put the second part of the sugar and pare and core and quarter 6 John apples and put them into your firrop and set it on the fire leting it boyle quick till it be much thicker than it was before when you think it thick enough take it off y^e fire and let it be almost cold then put in y^e oranges again and set them on ye fire and let them simmer half an hour as before turning them often (or they will not be all over of one colour) then take them off the fire and put them up as before to stand 3 days more, and at the 3^d days end take out the oranges and put in y^e 3^d part of your sugar into the firrop and 6 more John apples ordered as before in with the firrop and boyle it very thick then take it off and set it acooling as before then put in the oranges and give them one boyling up or 2 but have a care in boyling they do not harden but take them off the fire and when they are quite cold tie them up in your pot very close to keep for your spending remember to take out the apples before you put in your oranges or that they be so tender as to make the firrop. Probatum.

348. *A Cake for Ordinary Uses.*

TAKE 4 pound of fine flour warm it in an earthen pan by the fire then break in a pound of fresh butter and a pound of sugar mixing both very well into y^r dried flour then take 10 eggs put in but 3 of the whites and beat them very well then put to your eggs when well beaten 3 spoonfulls of rosewater and a quarter of a pint of sack a quart of good ale yeast more yeast if not very good a pint of cream boyled and cooled again some salt a nutmeg grated and some cloves & mace beaten also small mixing all very well together and warm it milk warm & so pour it to your flour very well covering it up warm for a quarter of an hour then put in a pound of raisons of the Sun stoned and

cut small 3 pound of currants clean washt rubbed and dried all which mixt very well together and put it into a paper hoop and set it in a oven as hot as for small bread and let it stand one hour and a quarter which will be long enough.

349. *Madame Brewen's French Way to make ye Runnet or Trifle Cream.*

TAKE the blossomes of hartiechokes when they blow and keep them dry all ye year for your use as you do other flowers and when you would make this cream put a few of these blossomes in about a spoonfull of flowers to a pint of cream or new milk and it will turn it as well as runnet and give a more pleasant flavour.

350. *Cowslips into Plummes to make Wine.*

INSTEAD of cowslips take Plummes and slit them and put them into a vessel with a tap in it then take as many gallons of water to your Damsens as you please & to every gallon of water a pound of Powder Sugar and boyle it till it be clear of ye Scumme then pour it on your Damsens into your vessel boyling hot first puting in with your Plummes some raisons of the Sun Stoned so stop it up 5 or 6 days then draw it off through a strainer and when the vessel is clean pour it in again when it's strain'd and set it to working with a toast spred with ale yest and let it worke and after working let it stand 4 or 5 days a clearing then draw it into bottles and put a raison of the Sun Ston'd and a nob of Sugar in each bottle & stop it loosely 2 or 3 days else they will fly but afterwards stop your bottles as fast as you can and set them very coole. Probatum est By ye Lady Seymour.

351. *My Lady Seymours Pancake.*

TAKE 12 yolkes of eggs 2 large nutmegs grated a little Salt to season it and 4 full spoonfull of Sugar beat these together halfe an hour then stir in as much fine flour as will stiffen it as soft as a pudding then add to all these a quarter of a pint of Sack & beat it in till it be well mix'd then beat in cream a little and little till it comes to a thin batter so fry them up with a quick fire either with beef lard or fresh butter make your pans first hot with ordinary batter which will make your best fry the better, it is ye best way to make them eat short and light not to make your batter before you are ready to fry them up.

352. *My Lady Ffosters Metheglin.*

TAKE so much clear honey in cold spring water it must be such water as will bear soap well and mingle your water and honey till it will bear an egg when your honey is dissolved in your water cold then put it in a kettle and boyle it 2 hours still scumming it while any scumme will rise then put it into coolers and when coole as wort to every 12 gallons of liquor put a large quarter of a pint of ale yest then barrel it up filling your vessel not full about 3 fingers breadth of ye bung hole and hang in your barrell an ounce and half of nutmegs grossly beaten in a bag with a bullet or the like to keep your spice low in your barrell so stop it up and at the years end drink of it and when you draw of it you may bottle it if you please the older it is the better but your vessel must be stop'd very close all the time you keep it and Drink not of it till 12 months old. Probatum est by ye Lady Downs.

353. *A Metheglin to be made at Barthollemew Tide.*

TAKE 8 gallons of the best fair water that is not harsh for the better the water the better your liquor will be then take corriander seeds carraways &

anyseeds of each half a spoonfull 2 or 3 large maces and also agremoney sweet marjerom broad time, sweet brier tops pennyroyall of each a quarter of a handfull a few double violet flowers and a branch or 2 of rosemary boyle all these together in the water half an hour then strain it through a ringer then set it a cooling till it be almost cold then pour it from the bottom and put so much honey to it as will make it so strong as to carry an egg that nothing may be seen of it but the breadth of a 6 pence then boyle it again and let it boyle till you have scummed it clean then set it abroad as you do wort to coole and put a pint of ale barm to it when you tun it into the barrell put into a bag sliced ginger nutmegs cloves mace and cinnamon and likewise a stone to weigh down the bag and tye a string to it and nail it to ye barrell that it may hang in the middle and when it hath done purging mingle half a grain of musk into a spoonfull of the liquor and put it into the barrell and stop it up very close it will keep long and be very good to y^e last ye receipt is to put the barme to it in the barrell but by experience it is found the best way to put the barm to it before you tun it and set it to working in a little cooler it being cover'd close and so kept cover'd close till the barme begin to flat w^{ch} will be 3 or 4 days & then tun it into the barrell & if it worke again stop it not till it hath done working.

354. *To preserve Grapes for all the Year.*

TAKE fair clusters of grapes and lay them in a platter then cast suger on them & so put them into a hot oven now and then pouring the liquor from them then turn them and cast more suger on them as before then take that liquid substance and make a sirrop of it and when your sirrop is cold put in your grapes & so keep them all the year.

355. *A Marrow Pudding.*

TAKE the marrow out of the bones and after boyle the bones and take of the fat that riseth in the boyling then take the fat of the sheeps guts and shred it very small then mingle it with manchet crums being grat'd and nutmegs cloves mace and some Sugar (musk if you please) and a few currants but you must first Plump your currants because all the other ingredients require but little boyling add some rose-water to your spices and sugar these puddings must not be cut in eating but sucked out otherwise the marrow will run out which is all their goodness.

356. *To Candie Irringoe Roots.*

TAKE your roots new gather'd without joints or knots boyle them tender in fair water but let your water first boyle before you put them in then peel them and slit them and wash them in 2 or 3 waters dry them with a cloth then take twice as much sugar and when your sugar is refin'd boyle them in one half till they be tender and clear and make a sirrop of the other half to the hight of manus Christi that is till it will draw off as fine as a hair then put in your roots again and boyle them and when you find them enough take them up and shake them in a bason till they be pretty dry after lay them on papers till they be quite dry.

357. *To make a Sweetmeat like Rashers of Bacon.*

TAKE some of your marshpane paste rowle it in sanders till it be red then rowle abroad 3 rowles of the red and 4 of the white and so lay a white and red & when all is so lay'd cut them a thwart in thin slices and dry them & it will be like.

358. *To Preserve Oranges in Jelly.*

TAKE thick rind oranges pare or grate them very thin lay them in water 3 or 4 days then boyle them tender in fair water then take them out and put them into a pan of cold water all night next day dry them with a cloth put them into so much clarified Sugar as will cover them so let them boyle soberly close cover'd now and then turning them then let them stand in an earthen pann all night the next day set them on the fire again & when you see them look clear & tender then pour them into a Sive and let your sirrop drain from them then put a quart of apple water into that sirrop and a pound of fresh Sugar & that will make your oranges lay in quaking jelly when it boyled with the other sirrop.

359. *Mathew Cariers Ollio or Pottage.*

TAKE 13 pound of beef sliced small and boyle out the gravie of it then strain it and stew in that broth 6 sweet breads 12 Squobe pigeons 6 pair of Lamb stones 6 sheeps tongues and pallets, 8 marrow bones the bones boyle with your beef before you strain it and then take them out and serve them in ye broth with the forementioned ingredients in your strain'd broth and season it with convenient Salt and Sweet Spices and put manchet cut grossly in it and raw cuccumber iff in season or a few green pease or the like and so stew altogether & then serve it in hot as possible & be sure to have broth enough therefore rather more than less beef.

360. *To make Sugar Jumballs.*

TAKE the best sort of gume dragon the weight of 6 pence steep it in a good spoonfull of rose or orange flower water then beat an egg to froth and let it stand to settle put the juice of a fair lemon into it and when it hath stood a while strain it out clear

then take a quarter of a pound of double refined Sugar well sifted put it into a marble mortar with some ambergreece prepared then put in your gum and a little spoonfull of the pure froth of the egg so grind it altogether now and then putting in a spoonfull of sugar which you must keep out, if it grow dry in ye doing put in a drop or 2 of juice of Lemon in a quarter of an hour they will beat easie sift some sugar on a paper take out the stuff which must be as thick as pap rowle it with your fingers into what form you please but first sift Sugar on your paper you bake them on and set them in the oven when white bread comes forth when they rise they are enough and when you take them off the papers and your oven cooled set them in again one night.

361. *To make Gooseberry Wine.*

TAKE a skillet with a quart or 3 pints of gooseberries full ripe to a quart of Spring water set them on a soft fire and let them stand till the water taste sharpe of y^e gooseberrys but let them not break to pieces for that will make your liquor thick then strain it and boyle it again half as clear then set it in an earthen pan letting it stand till the next day then bottle it up with 3 ounces of Sugar to each bottle. Stop it not till it hath done working but then very close. redd gooseberries make a very pretty wine.

362. *Balls to take Stains out of Linnen.*

TAKE 4 ounces of hard white soap beat it in a mortar with 2 small lemons the outward peel pared off and as much rock allome as a small nut and when all these are well mixt make it up in balls Rubbing the stains therewith wetting it in fair warme water till you see all out.

363. *To Pickle Green Ashen Keys, Elder Buds, Broom
Buds, or ye like.*

TAKE any of them severall and put them in linnen bags let them lay in vinegar & salt 8 or 9 days then set them in a pot of water close cover'd on a gentle fire till they look green which will not be under a day or 2^a greening and when they are cold put them in the pickle which must be the vinegar and salt they were steep'd in very well boyled.

364. *To Preserve White Pear Plummes Green.*

TAKE them about the end of July or when they are at their full bigness wipe them well then set on a skellet of fair water and when it boyles put in your Plummes and cover them up close and when your plumme begins to blister take them out of the water and peel off their skins then weigh them and to every pound of plummes allow a pound and 2 ounces of Sugar well beaten then set on a skillet of water and when it begins to boyle then put in your plummes again and let them boyle softly till they change their colour from yellow to green then take them off and cover them close and let them stand a quarter of an hour then strew on a handfull or 2 of your weighed Sugar on your plummes in the preserving pan you will preserve them in laying them one by one in your pan on your first part of your sugar and then throw on the 2^d part over them and as much water as will dissolve your sugar and let them boyle softly least they break in less than 1 hour they will be enough as you will find by the greeness of the firrop then take out your plummes and put in your last quantity of Sugar to clear and thicken your firrop and pour it on your plummes in your pot and when through cold tye them close & keep them for your use but if your firrop grow thin never boyle your firrop & pour it hot on your plummes & besure

when you preserve them to boyle them in such a pan as you may lay them one by one y^t you may turn them as you see occasion.

365. *To Candie Flowers.*

TAKE the flowers on the Stalk and wash them in rosewater wherein gumarrabeck hath been steep'd then take fine Sugar candie searh it after finely beaten on your flowers and set them a drying in the bottom of a fivē in an oven after the bread is drawn and the oven cold and they will glitter and look well.

366. *A Sack Posset.*

TAKE 6 Naples Biskit beaten in a mortar and boyle it in 2 quarts of cream till it be thick then have ale and Sack ready sweetned and warm & a few eggs let your cream coole else your eggs will be hard & to a quart of cream you must have a pint of ale and Sack pour it in your bason stir it a little & so serve it in.

367. *To make Barberrie Wine.*

TAKE 20 quarts of water and 10 pound of Sugar boyle it half an hour and scume it then take 10 quarts of barberries mull them in an earthen stewing pot yⁿ bruise them and put your liquor on them very hot and when cold as wort put in some yeast and set it a working and when it hath done working stop it up close and after 3 weeks bottle & keep So may you do with currance or Rasberrys only with a pound less of Sugar than the barberries wine.

368. *To make Apricocke Wine.*

TAKE to every pint of water 10 or 12 apricockes let it boyle gently at first after a pace till it be strong of the fruit then let it stand and take of the

clear and bottle it to a bottle take an ounce and half of Sugar and stop it close. The sirrop y^t comes from dried apricocks put in white wine and bottled a month is very good.

369. *To make a Conserve of Clove Jilly Flowers as an excellent Cordiall.*

TAKE to every ounce of flowers all the white cut off 3 ounces of sugar beat them very small so keep them to a pound which put into an earthen or silver bason set it over the fire stir it till the Sugar dissolve and to a pound put an ounce and half of powder of cloves a grain and half of civet a grain and half of beazer half a grain of unicorns horn the juice of half a lemon mingle all well together and keep it for your use.

370. *Apricockes the best way to preserve in Jelly.*

TAKE apricockes before full ripe pare them and cut them in halves & lay them in double refined Sugar finely beaten to a pound of apricockes 3 quarters of a pound of Sugar let them stand all night and if you have not jelly of white currance take the worser sort of apricockes pale in colour and slice them thin and to 3 quarters of a pound of slices take half a pound of Sugar put them in a silver bason and set them on the fire till the Sugar be melted and when it is scalding hot strain the sirrop from your apricocks and set it by till your half apricocks boyle then put your sirrop to them and boyle it together till your apricocks be clear they must be very well scummed to a pound of halves take 3 quarters of a pound of slices put your halves in glasses & strain your sirrop to them through a tiffeny.

371. *To pickle Violets for Sallets.*

CUT your stalks very close put them in a glafs strew some Sugar on y^m mingled with a little Salt so do till all be in then pour on your vinegar a pint of vinegar to half a pound of sugar and press them down till the flowers sinke which they will in 4 or 5 days.

372. *To preserve Goosberrys in Jelly.*

TAKE the fairest goosberries stone them into fair water to every pound of the berrie 3 quarters of a pound of double refined sugar and put a little fair water to it when it boyles put in 3 quarters of pound of measur'd goosberrys and boyle them in your firrop till they are all broken then strain out your firrop and set it by then take to a pound of your stoned goosberrys a pound of double refined Sugar put it in your bason set it on the fire with very little water when it boyles and is clear scummed put in your stoned goosberries as it boyles so let it boyle till they are clear then put to them the firrop you set by let them boyle a little together then glafs them up you must do but a row at a time ye berry must turn white.

373. *To preserve Goosberries.*

TAKE fair goosberries stoned into fair water and to one pound of the berries 3 quarters of a pound of jelly of red currance or juice and to a pound of Goosberries and this jelly take a pound and half of Sugar put your Sugar into a silver bason wet it with a little water and when it boyls and is scummed put in your goosberries and in a little time your jelly or juice of currance and when they are boyled enough strain your jelly to them but if you put juice of currance you must allow proportionable Sugar more to it.

374. *A Pippin drink.*

TAKE 20 pippins large ones cut them in halves into an earthen pipkin that will hold 2 gallons then fill it up with Spring water and let it boyle over a gentle fire till all the vertue be out of the pippins then strain it into an earthen pan pare a lemon put in half the peel and slice in 2 or 3 lemons being first pared clean sweeten it well with refined sugar and let it stand then take out the lemon and bottle it up for your Spending.

375. *To make Vinegar of Unripe Grapes.*

TAKE them and pound them and pres them through a hair bag as yo do Sider then put into every 4 gallons as much allome as a wallnut then boyle it well and scumme as the scumme riseth as clear as possible coole it and when through cold tun it up and keep it till it is steale and fit for use very close stopt and it will be very good.

376. *A Reⁿ of Harts Horne Jelly.*

TAKE shaved harts horne half a pound to five pints of water the which boyle very leasurely till half be wasted then put in a little red rose water and then give it a walme or 2 more then strain it you may add juice of Lemons & fine Sugar and eat it cold or dissolve it and drink it warm w^{ch} you please.

377. *The Countesss of Kents Lozenges for a Cold.*

TAKE 12 ounces of liquorish scraped and bruised a little then take half a pint of coltfoot water red rose water hyfop water of each half a pint 2 quarts of fair water so put them altogether with your liquorish & let it steep 24 hours then set it on the fire and let it boyle very softly till it be as thick as cream then strain out the juice clean from the liquorish and set it

on the fire again puting in 2 grains of ambergreefe as much allkermes as a large bean let it not boyle but stand till it be well incorporated then put it out into 2 or 3 pans and set it in the sun till it thicken to worke like wax yⁿ make it into little cakes it will keep it's vertue many years but if in drying in the sun a drop of water or rain chance to fall on any of it, it will never come to good. Aproved by the Lady Elizabeth Cope to add half a pint of whorehound water.

378. *To make Cherry Wine.*

TAKE of the best sort of cherries full ripe Stone them then breake them to mash and let them stand all night in something that will not change the colour of the cherrie liquor next day strain them out in a jelly bagg & pres out all the juice let it run upon Sugar and to every gallon put a pound of Sugar then tun it up stop it up close and let it stand a month or 6 weeks then draw it out into bottles & in every bottle put a little loaf Sugar & stop it up close.

379. *The Portugal Cake.*

TAKE a pound of loafe Sugar beat and searh it very fine through a sieve wth a pound of very well dryed and fine flour that the Sugar and flour may be well mingled together then take a pound of butter and wash it well in rose water and then worke it with your hand till it be very soft then strew your flour and Sugar in by degrees till it be half in then put in 6 yolkes of eggs and but 4 whites then by degrees worke in the other half of flour and Sugar and when the oven is hot or ready put in 2 spoonfulls of rose-water and a pound of currants or 3 quarters of carraway comfits which you like best and have your plats ready buttered and fill them but half full & sift on

some double refined Sugar on them let the oven be pretty hot and set up the Lid these will keep and Spend well.

380. *To Cure the Heart Burning.*

TAKE of the Stone under the crasfish eyes taken from the crasfish when the Sun is in cancer is best take as much of these stones in powder as will lay on a 6 pence in a morning and fast after it in some small ale posset drink or burrage water aproved in its cure and the quality of the stone in powder it will turn vinegar sweet if steep'd in it.

381. *A Cream Cheefe.*

TAKE a gallon of stroakings and 2 quarts of cream you must take a pint of new milk and put to your cream your cream must be very sweet cream then take as many pickt marigold flowers as you can hold in your hands pound them and strain them into the stroakings you must but boyle up your cream and run it up almost scaulding hot you must not breake your curd but cut it a crofs and a thwart into your vate about an inch deep your vate must be So set it in ye prefs & when you take it out you must keep it in rushes it will be ready in 10 days or a fortnight.

382. *The Lady Ashfields Almond Puffs, Jumballs Beaten Small with Rose Water or Orange Flower Water.*

TAKE 5 or 6 almonds to a quarter of a pound of Sugar a quarter of the white of an egg froth'd so made up and dryed in an oven. Her Angelicoe cakes thus pour your angeligoe into hot water to green boyle your Sugar to a candy hight chop your angeligoe when green'd and peeled & so boyle them in your firrop and drop them into cakes and strew them till dry & they will keep all the year.

383. *The Lady Fufts Hipoccras.*

TAKE a quart of white wine and as much Sherry Sack put to it an ounce of ginger of nutmegs cloves and cinnamon an ounce stir it altogether & let it stand 22 hours then put them to a wine quart of milk stir it well then strain it through a jelly bag which hath a sprig of rosemarie in it so bottle it up add if you like it a little bag of musk & ambergreece into each bottle.

384. *To Pickle Oysters.*

TAKE a peck of oysters take a care you cut them not in y^e opening Save the liquor that comes from them wash your oysters in a pint of elder or white wine vinegar mingle your oyster liquor and vinegar together and strain it add to it a pint of fair water put to your liquor 3 blades of mace 6 cloves some whole pepper and Salt to your taste let them boyle a quarter of an hour till they are tender take them off the fire & when they are cold pott them. Ye Lady Downs thinks Jamaca pepper better than the black or white pepper.

385. *To make Elder Vinegar.*

TO a gallon of white wine vinegar put a quarter of a peck of dried elder flowers steep them 3 days close cover'd the 4th distill it off it will be clear as rock water and very quick and sharpe.

386. *To Dry Orringo Roots.*

TAKE the roots of the youngest Springing boyling them tender and peel them picking and wash them and Shape them in a bason with some warme water and their weight in Sugar let them boyle now and then turning them and when the Sugar begins to consume Shake them as you do pease to butter which

shaking will work the Sugar into them then lay them before the fire in halfe a day you box them up as dry.

387. *To Dry a Gamon of Bacon.*

FIRST lay your gamon a soaking in a strong brine a week then hang it up raw and salt it well with bay salt then let it lay a fortnight then hang it up & Smoake it with green broome then boyle it with rain water you must Smoake it 4 or 5 times with the broome.

388. *To Dry Neat's Tongues.*

TAKE 12 large tongues and make a strong brine for them of bay salt & water so strong as to bare an egg and add to it half a pound of peeter first cleanse your tongues from all slimeness then put them into the brine pressing y^m down to keep under the liquor and let them lay in it a month then take them and dry them to keep for your use.

389. *To make Almond Tomballs.*

TAKE half a pound of vallentia almonds and as many Jordan almonds put them in a skellet of boyling water and blanch them as fast as you can put them in 3 several waters then beat them as small as may be but keep them from oyling by puting in often some rose water and fair water Soake some gume dragon in some rose water and fair water mingled then take a pound of double refined Sugar Siveted through a tiffanie sieve then take half your almonds & half your Sugar put it on a chaffendish of coles in a pewter dish when it is well dissolved put in some of your gumme and mingle it very well beat the whites of 10 eggs to a froth and put them in keeping it still stirring till it be stiff to mould let it stand till it be near cold Sive some Sugar on a paper and make them

up if you like colliander or any other seed you may add to them if you please.

To make cakes of the other half Take the other half of your almonds and Sugar mingle it well but set it not on the fire till the oven be hot and sweeping then have ready the whites of 4 eggs beaten to a froth mingle it with the cakes then sift some fine Sugar on a pye plate drop it on the plate sift some Sugar on them so set them in your oven make your jomballs first the cakes must be baked as soon as made the almonds will require half a day to beat them.

390. *To Dry Apricocks.*

TAKE a pound of apricocks before full ripe half a pound of the best Sugar Scald your apricocks in fair water after they are pared then dry them in a cloth then boyle them in a Sirrop of that Sugar & so dry y^m in y^e sun or stove.

391. *To Ice Cakes.*

TAKE 3 quarters of a pound of double refined Sugar Sifted through tiffany put it into a porrenger have ready 2 penny worth of gum dragon steep'd in rose water 4 days with some muske or ambergreese beat it together till it be very white this will glaze jomballs or cakes or anything.

392. *To Preserve Grapes Green.*

TO a pound of grapes take half a pound of Sugar after they are scummed and stoned put them in your Sugar without water set them on a quick fire and boyle them as fast as you can first they will look like Scalded goosberries afterwards very clear after that as if they were burnt but by long boyling they will come to a very good green colour and then they are enough. aproved as ye best way to preserve grapes.

393. *To dry Peaches.*

GREEN them as other fruit put a little Sugar in the water it will do the better when they are tender you may wipe off the skin make with 3 quarters of a pound of Sugar a Sirrop for a pound of peaches when they a little tender stone them boyle them till they are half enough then put them in a pot close covered where they may stand warme 3 or 4 days take half a pound of Sugar make more Sirrop drain them from the old then put them in a clean pot pour ye other Sirrop boyling hot on them cover them up close put the pot on embers a while then keep them in a stove.

394. *To make Almond Cake.*

TAKE a peck of fine flour dry'd 6 pounds of almonds blancht and beaten with rosewater a pint of Sack 4 pints of ale barme breake in 4 pound of butter carraway seeds and what spice you please mingle all well together 10 pound of currants after it hath risen & some chopt raisons will make it moist and some Salt.

395. *To make Jockallato drink.*

TAKE half a pint of milk and as much fair water put both into a glasse bottle set it in a skellet of water when it boyles put to it an ounce of jockallato finely scraped 2 eggs and 2 ounces of Sugar beat them very well together and put it into your water in the bottle shaking it together till it be coole enough to drink.

396. *To make Sugar Cakes.*

TAKE half a pound of flour a quarter of Sugar as much butter 6 spoonfulls of rosewater make it into paste and bake them on plates it will make 24.

397. *To make Almond Tarts.*

TAKE a quart of cream and a quarter & half quarter of a pound of blancht almonds beaten very small with a little rosewater and cold cream put them to the boyling cream with the yolkes of 6 eggs let it boyle till it be pretty thick still stirring it then take it from the fire and put in a grain of musk dissolved in a little rosewater put in a quarter of a pound of sweet butter Sugar to your taste your crust must be made with an egg a little butter & fair water to your flour then raise your dough of what fashion you please a little higher than biskit pans & put no leds to it but pin them up in papers to keep them up in y^e oven a little more than a quarter of an hour will bake them.

398. *To make Jellies.*

TAKE a log of veal and a pair of calves feet boyle them in 4 gallons of water and let it boyle 4 or 5 hours till it is a strong jellie then strain it out through a linnen cloth and let it stand a little while and take off the fat as clean as you can then put in an ounce of whole cinnamon & the juice of 6 lemons a quarter of a pint of white wine vinegar but I think rather white wine a little Salt half a pound of white Sugar boyle all these in a stew pan or Skillet a little while then put in the whites of 20 eggs pretty well beaten and let it boyle half a quarter of an hour then put it into your jelly bag and hang it as near the fire as you can & let it run into a large dish when it is all run out put it into a stue pan again & clear it again with the whites of 6 eggs then put it into your jelly bag again then what you intend shall be clear let it run into a mazarine or flat dish & what you would have white let it run through almonds finely beaten and strain your jelly through them in a cloth into the dish you will serve it in and you must have Scooped

oranges and lemons & egg shells and fill them with jelly of several colours as you will have them.

To make the red take half an ounce of Kucheneall half an ounce of Roach allome half an ounce of cream of tartar boyle all these in a pint of water till half be consumed then put it into a glasse and stop it close & it will keep a year.

399. *Friccasses or Veal Collops.*

HACKE or chop your veal collops and grate nutmeg over it then heat in your frying white wine butter Anchovese and Shallot and capers with your meat still shaking your pan as the liquor may thicken then when your meat is fryed enough from being raw (for if to long it will make it hard) then take more white wine nutmeg and the yolks of 3 eggs and beat them into your pan and shake all very well together and So Serve it in you may mince your capers if you please and rabbits or chickens eat well so.

400. *S^r Edward Gust's Cordiall for Old and Young.*

TAKE an ounce of conserve of red roses a dram of Diascordium & a Scruple of confection of all-kermes incorporate all these well together then pot it up for your use and take the quantity of a nutmeg last at night when any faintness is on the Spirits or Stomache.

401. *A Oringe Pudding or Lemon.*

TAKE half a pound of loafe Sugar sift'd and dried 4 ounces of Lammas wheat flour finely sift'd and dried very well 6 ounces of fresh butter and the yolkes of 4 new laid eggs and the whites of 7 beat your butter in a bowle till it be like pap not heat at all but raw with 2 spoonfulls of Sack and 2 of rose-water you may infuse some clovejilly flowers in your

rosewater to make it look brown when your butter is beat like pap then you must put in your 4 yolkes and 7 whites of egg and beat them up together till it's a little mingled then put in the Sugar then the flour and keep beating of it upwards as for Biskit it must not be Slackned in the beating but beat an hour then take the peel of 2 oringes candied or raw but if raw boyle out the bitternefs shred in your peel but put it not in till the last and then squeeze in the juice of 2 oringes if you have any when it is beat an hour and half and your peel in you may add perfume and have a pound of flour 4 ounces of butter 2 eggs whites and yolkes 2 spoonfulls of Sack make it up in paste cover the dish with it very thin bottom and brims and put your pudding in a flat broad dish and cover it with some of the same paste a little thicker at top set it in an oven hot enough for manchet & 3 quarters of an hour will bake it.

402. *The Lady Long's way of drying a Gamon of Bacon.*

LET it be as long as you can unfalt'd if it take wind a little the better provided it taint not then falt it leasurely by degrees moderately with bay falt and some peeter falt if you please then gently Dry it and when you boyle it change it out of boyling into cold waters divers times w^{ch} will make it look ye reder.

403. *To frye Venison.*

FIRST slice it then flour't through a tin drudge then fry it in fresh butter untill it is a little crisped then pour away that butter then put to it a little gravey nutmeg, mustard, and Sugar and So Serve it in when warmed and Shaked with your venison in a pan and pour'd out altogether into your dish.

404. *To order Venifon to keep it cold a year round wth
y^e Gravey in it.*

TAKE when your venifon is boned and good Sweet
and fat bacon thin sliced and y^e seasoning spices
ready by you about a pint of claret wine and a clean
bunch of feathers then slit all the lean parts of your
venifon about the length of your finger dip your
feathers in the wine and wet the slit then put in some
of the seasoning of the Sweet Spices made of nutmegs
cloves Jamacoe pepper and a little ginger and Salt and
then to that a slice of thin sliced bacon and thus do in
all the lean parts of your venifon slitting it and wetting
the slits with the wine and then filling up the slits
with the Seasonings and sliced bacon then put into the
bottom of the pot you bake and keep it in some good
beef sewit and your ordinary of Seasoning pepper and
salt among your sewit & all over your venifon and fit
your venifon to the side of your pot and put good
Sweet butter also at the bottom of your pot and round
the sides and some of your seasoning and the re-
mainder of your wine then turn down the best and
top of your venifon the flattest part to the bottom of
the pot in the baking and keeping it so till you come
to spend it setting it into the oven with some brown
bread and when you draw it forth press out the gravie
as well as you can and as hot with a trencher and a
great weight on it washing your weight and trencher
clean ere used then put all the gravie you strain out
into a larger skillet then it will hold that you may also
put to it the gravie of the bones baked and broken
ere you bake them with wine and seasoning of Sweet
Spices which when you have drain'd from the baked
bones add to the former gravie and then take a faggot
of Sweet marjerom bay leaves a little pennyroyall and
a little rosemary ty'd up in a fagot and put into your
gravie and then take a clean stick and measure the
depth of your gravie in your skillet and make a nick

in the stick at the middle of depth, that you may be sure to boyle half away by the measure of your stick then take it off the fire and pour it as hot as you can into your pot of venison and so let it stand till it be cold gently pressing down your venison before it be quite cold that the meat may be cover'd and sink down to bottom and the gravie cake over it Remember to take out the fagot of herbs ere you put your gravie to your meat if it cake hard over then noe butter need be aded to keep it the year round but if it be thin you must add butter melt'd up to cover it but pour it not to your gravie till it be cold and head'd pour your melt'd butter on it no warmer than just to run all over it and when quite cold cover up your pot with a board and paper that no air nor vermine as rats or mice come to it and it will keep a year round very good but when you come to spend it take off the stale butter and set it in a Kettle of water to melt it off and let none of the water get in but when thoroughly hot take your pot out pour off the stale butter and turn out your venison the bottom upwards as being the best and put fresh butter to it and when cold it will eat as if new done but while it is spending wherever cut it must be cover'd again with butter or it will turn vinie if it stand to take air where cut the pot you turn it into ought to be a sweet and well seasoned pot wth some fresh butter in it.

405. *To make Wigs.*

TAKE 3 pound and a half of fine flour a pound of butter melt'd in a pint of milk and a quart of good ale yest half a pound of Sugar mix't in your butter milk and yest halfe an ounce of cloves mace and nutmegs a quarter of an ounce of carraway seeds a little salt mingle all these well together in your flour working them all into a pretty stiff paste wth your

hands & weigh out about 4 ounces to a wig and So rowle them up into wigs and bake them upon paper or tin plates butter.

406. *To dry Goosberryes Plummies or Angelicoe.*

TAKE your goosberries the fairest you can get or your plummies and slit them on the side with a penknife or on the top and lay them in hot water and so let them lay in the hot water till they be tender as you will have them at all then take them out and put them into cold water your goosberrys or plummies and let them lay a week or 10 days till the water be very sharpe of the taste but the angelicoe must lay in water but 4 days then make a very strong firrop and so boyle them up you must keep your angelicoe a fortnight in your firrop then take it out of your firrop and lay it on a confectioners wyer to dry over a charcole fire thoroughly kindled that there be no smoake in the kindled coales of either wood or cole if you have occasion to dry oringes or lemons keep y^m in a strong firrop till a day or 2 before you use them and dry them after the same manner they will be dry in half an hour or Less, dry without & moist within and this way will make your fruit green enough without any peeling and also your angelicoe.

407. *To Roſte a Haunch of Veniſon.*

SKIN and bone your veniſon beat it and ſeaſon it as you like beſt ſweet or hot ſpices ſalt and herbs ſuch as pleaſe your taſte beſt then coller it as you do beef with ſome butter or bacon with your Seaſoning tyeing it hard with pack thread wraping it up firſt in the caul or ſkin of the veniſon ſo tye it on to your ſpit Save what drops from it in roſting for your Sauce roſting it very well and ſo Serve it up.

408. *To make the Cockleshell Sweetmeat.*

TAKE some double refined Sugar and searh it very fine through a fine sieve and beat it into a stiff paste with a white of an egg and rowle it very thin and put it on your shells and dry it in a stove or in the sun you may colour y^m as you please.

409. *To make Red Currant Wine.*

LET your fruit be full ripe and gather'd on a dry day and to every 3 pound of currants good weight with their stalks and stems on take one quart of water & one pound of sugar put your water to your currants & with your hands squeeze them through a hair Sieve then put your Sugar to your juice and when it is well mingled together and the Sugar is dissolved then put it into a very dry and sweet vessel fill your vessel quite full and let it worke a week and then stop it up and let it not be tap'd under 10 weeks time and then draw it off as you drink it or bottle it which you please.

410. *To make Aquamirabilis.*

TAKE a pint of the juice of Sallendine and half a pint of the juice of balme and half a pint of the juice of Spermint of rosemary flowers cowslip flowers clovejilly flowers burrage and burglafs flowers mellilot flowers of each one dram and all other cordiall flowers you think fit and of cubibs ginger cardimums gallin-gall cloves mace nutmegs of each one dram put all these ingredients in 3 pints of Sack with a pint of strong angelicoe water and half a pint of red rose water steep them one night and the next morning put it in a cold still and draw off 3 quarts of water first laying harts tongue leaves at the bottom of the still when the water is drawn off mingle it altogether sweetening it with white Sugar candie or very fine loose Sugar bottle it close stopt and to stand cool.

411. *To make Vinegar.*

TAKE 6 gallons of fair water and put it into a 9 gallon vessel hoop'd with iron put thereto 18 pound of ordinary malligoe raisons washt a little in one water stalks and raisons altogether paste on a coarse strong cloth over y^e bung hole with yest set in the hoteft sun you can may June July and in September it may be used.

412. *A Pickle for Brawn.*

TAKE 9 gallons of water 2 handfulls and a half of bay salt an ounce of cloves mace and white pepper altogether and put it whole in and boyle it a full hour boyling in it a quart of milk scumme the milk clear off but leave your Spice at the bottom for your liquor to feed on and keep it sweet so keep it till the morrow to be through cold ere you put in your brawn and when your brawn is in keep it as coole as you can and twill keep a quarter of a year you may add jamacoe pepper and it will be the better.

413. *For Fits.*

TAKE of gentian roots grated as much as will lay on a 6 pence 3 nights before and 3 nights after every change of the moon in 2 or 3 spoonfulls of wine or beer.

414. *A Cordiall Tincture for the Collicke by ye Lady Fust.*

TAKE fena liquorish Guaiacum or lignum-vite elecampane roots not dryed of each 2 ounces annyseed corriander seeds of each an ounce raisons of the Sun pick'd and ston'd one pound infuse all these in 3 quarts of the best aquavite a fortnight or 3 weeks till all becomes a red tincture so strain it out and keep it for use.

415. *Hysterick Electuary the Lady Gerrard's Re^a.*

VENISE treacle half an ounce bittony flowers
rosemary flowers & burrage flowers of each a half
an ounce amber in powder half an ounce castor in fine
powder one dram let these be incorporated in a stone
morter wth as much sirrop of piony as will make a
stiff electuary, Let ye patient at the full and change
of the moon at going to rest take the quantity of a
nutmeg in 3 small pills and drink after it a small
drink of posset made with white wine with a root of
a single piony boyled in it & for 3 mornings after
use no other breakfast but a draught of the same
posset Hereby are cured both old and young of con-
vulsions Hyfterick vapours fitts and falling sickness.

416. *To Pickle Kidney Beans.*

TAKE young beans boyle them tender (and take
them before they be stringy) in pickle made of
vinegar and salt as strong as will bare an egg and
therin let them lay about a week then take them out
again and boyle them in fair water till they look as
green as you like them then put them in the former
pickle again and they will keep all the year.

417. *To Pickle Cucumbers.*

TAKE small cucumbers and scauld them then take
2 handfulls of fennell seeds half so much deaill
seeds a little mace 2 quarts of water half so much
vinegar one pint of white wine season it well with salt
and when it is cold keep your cuccumbers in it.

418. *The Lady Lees Sore Breast Poultise.*

TAKE a pint of strong ale of hollyhock leaves
chickweed gruncell mallows of each herb a hand-
full chop them very small boyling them in the ale till
half be consumed then thicken it with rie meale or

brane of wheat and put in a pretty piece of boars greafe, boyle it till it come to a fit thicknes for use if it break the breast keep it open with a mallow root dressing it twice a day . this aproved good for many Cares.

419. *The Lord Bristoes Contraerva, or Counter Poison.*

TAKE rags of pearl, corall white amber crabs eyes beazar stone harts horne of each half an ounce roots of contraerva one ounce all finely powdered sift them through a treble five then take the powder of crabs claws the black only 8 ounces finely searcht, then as much harts horne jelly as will make them up in paste and rowle them into balls and dip them into cakes with the top of your finger drying them temporarily the eyes and claws must be taken in may only.

420. *A Sweet Water.*

TAKE a gallon of Spring water a handfull of Lavender flowers as many pinks 3 handfulls of roses as much sweet marjerom the peeling of 6 oringes 12 cloves bruise all these and put to them one ounce of orrice powder 4 ounces of benjamin put all these into a rose still and draw off the first quart by itselfe and then a pint, you may draw after that another water from the lees which will serve for present use but not keep, put into your quart bottle 12 pennyworth of musk and in the pint bottle 6 pennyworth tied in bags and a little juniper sliced very thin as much as will lay on half crown 2 or 3 spoonfulls will sweeten a bason of water keep it stop't very close it will keep a year or 2.

421. *The best way to make Sirrop of Violets.*

STAMP and strain out the juice of the blewest Single garden violets or ither to one pint of juice allowe a pound of Sugar or more, put no more water

to your Sugar than will wet it when it's boyled to a candie hight pour in your juice and mingle them well together and when it is ready to boyle take it from the fire and scumme it clean then set it to the fire again and when ready to boyle scumme it again thus do 5 or 6 times and keep it after for your use but if it boyle it will change the colour.

422. *To make Oringe Water.*

TAKE 60 of middling oringes and pare off the yellow of the peel before to cut between the red and white peel that you may cut off all ye poars then take the yellow peel so pared and steep them in a gallon of Sack canarie Sack 48 hours then distill them in a limbeck if you would have it very Strong or else in a cold still with a gentle fire putting Sugar candie in the receiver you may draw 2 or 3 ferts the first runings being the Strongest.

423. *To Preserve the Water Mellon.*

FIRST pare and quarter them and boyle them in severall waters till it be tender and look green put them in the water when it boyles when it has boyled in that water a pretty while take it out and put it in cold water and so do till it be tender boyle in the waters some lemon peel cover them with a cloth in the boyling, if they are so ripe that the seeds look red then take y^m out then take to every pound of mellon a pound and a quarter or a pound & a half of double refined Sugar and a pint of fair water; make a Sirrop thereof and put in your mellon and lemon peel which preserve with the mellon then let it lay in that Sirrop for 9 days then boyle it again and when it is done take it up and add some pippin liquor to it (Loafe Sugar at the first) for the quantity of liquor you have then add some juice of Lemon to it musk or ambergreese if you like it.

424. *To make PASTE of Gennaye the true way.*

TAKE quinces and boyle them in their skin then strain all the pulpe from y^e coare strain it through a piece of cushen canvis take as much sugar as y^e pulpe do weigh put to it twice as much water as will melt it that is half a pint to every pound of Sugar boyle it to a candie hight dry the pulpe upon a chaffendish of coles then put the Sirrop and the pulpe hot together boyle it with stirring until it will lye upon a pye plate even as you laye it and run no broader, then faishion it some like leaves and some like letters so put your pye plate in a warme stove or oven set it upon 2 billets of wood from the hearth of the oven all one night, on the morning turn it & so set it in the like heat again and every day turn it till it be dry.

425. *To make Marmalade of some of these Quinces.*

TAKE some of this paste after it be placed upon the pye plate and boyle it untill it will come clean from the bottom of the posswett and then box it that is all the Difference between paste and marmalade.

426. *To make PASTE of Oringes and Lemons.*

TAKE your oringes well coloured boyle them tender in water Shifting of them 6 or 7 times in the boyling put into the first water a handfull of salt and then beat them in a wooden bowle with a wooden pestel strain them through a piece of cushen canvis take the weight of them in Sugar and some what more then boyle it and dry & fashion it as before in ye 424 Re^a.

427. *To make PASTE of any tender Plummes.*

TAKE any tender plummes and put them in an earthen pot and put your pot into a pot of Seeth-ing water and when they are dissolved strain all y^e

water or liquor from them through a fair cloth and set the liquor by to make quiddenye of then strain the pulpe through a piece of cufhen canvis take as much Sugar as the pulpe do weigh put to it as much water as will melt it and boyle it to a candie hight and boyle the pulpe of the plummes very well upon a chafendish of coles and put them hot together so boyle them with stirring then lay them upon a pye plate and fashion it & dry it as before put some pulpe of apples amongst the plumme pulpe or it will be tough.

To make marmalade of these plummes there is no difference but boyle it higher then your paste till it come clean from the bottom of ye skillet then box it.

428. *To make Conserve of any of these Fruits.*

WHEN you have boyled your paste before said ready to fashion upon the pye plates put it up in gallypots and never dry it and that is all the Difference between conserve and paste, and so you may make conserve of any fruits this is for all hard bodied fruits as quinces, pippins, oringes & lemons.

429. *To make any Conserve of tender Fruits.*

FIRST dissolve your plummes as you did to make your paste strain through the liquor and pulpe and all to every pint of that take 3 quarters of a pound of Sugar and so boyle it untill it be somewhat thick that when you lay some of it upon a cold dish it will run no broader then pot it up.

430. *To make Quidony of the Liquor you kept of your Plummes before.*

TAKE a quart of that liquor and boyle it with half a dozen fair pippins pared and cut in small pieces then strain all the thineft from it and put to every pint of that liquor half a pound of Sugar and boyle it until it will stand upon the back of your spoon like

quaking jelly, then pound it into your moulds your moulds being wett before and when it is almost cold turn it off unto a wet trencher so slive it into a box your box being wet also.

431. *To make Paffe Royal of any Fruits.*

TAKE marmalade before it be cold & then mould it up in seached Sugar until it come to perfect paffe then print it in your moulds & then dry it.

432. *To preserve Fruits Green.*

TAKE pippins apricocks pear plummes or peaches while they are green scould them in hot water and peel them the peaches and apricocks Scrape the furr off them yⁿ boyle them very tender take as much Sugar as they weigh put to it as much water as will make a Sirrop to cover them then boyle them something leasurely and take them up then boyle the Sirrop until it be something thick that it will button upon a dish side and when they are cold pot them up together.

433. *To preserve these Plummes when ripe.*

TAKE as much Sugar as they weigh and put not so much water to them as you did to the green for they will yield liquor of them selves boyle them not altogether so leasurely as you did the other if you do the Sirrop will turn red and so when you have boyled them take them up and pot them as aforesaid.

434. *To preserve Damofens Red or Black Plummes.*

TAKE as much Sugar as they do weigh and as much water as will make a Sirrop to cover them then boyle them a little while in the Sirrop close covered and turn them very often for spotting them fet them all night in their own Sirrop and on the morrow fet them upon a pot of seething water and let

them boyle no faster then the water seethe under them then when they be through sweet and tender take them up and pot them but let the Sirrop be boyled till it will button upon a dish side before it be poted.

435. *To preserve Grapes Barberries or Gooseberrys.*

TAKE as much Sugar as they do weigh and somewhat more and beat it very fine take a preserving pan or skillet lay a lay of Sugar and a lay of the fruit till you have laid all then take 6 spoonfulls of fair water as much as will wet the bottom of your pan then boyle them as fast as you can untill they be clear then boyle the sirrop until it will button upon a dish side then when they are cold pot them up together.

436. *To preserve Quinces white.*

PARE them and core them and take as much Sugar as they weigh & to every pound of Sugar put but a wine pint of water put your quinces Sugar & water together and boyle them as fast as you can uncover'd and this may you preserve pippins.

437. *To keep Quinces raw all the year.*

TAKE some of the worst quinces and cut them in small pieces boyle them in water till it be strong of the quince put into in the boyling to every gallon 2 spoonfulls of Salt as much of english honey half a pint of white wine vinegar then strain it and when it is cold put it into a wooden vessel and take as many of your best quinces as will go into that liquor then stop them up very close that no air get into them and they will keep all the year.

438. *To candy Barberries Grapes and Gooseberries.*

AFTER you have preserved them by Numb^r 435 dip them in warme water very sodainly to wash off the ropie Sirrop then strew them over with searched

Sugar as you would do flower upon fish to fry and so set them in a warme oven or Stove 3 or 4 times and never let them be cold untill they be dry and they will look like sparkling diamonds.

439. *To make Clear Cakes.*

TAKE plummess of any sort Rasberries are best put them in a stone jugg & when they are dissolved strain them through a fair cloth and take to a pint of that a pound of Sugar and put to it as much water as will melt it & boyle it to a candie hight boyle the liquor likewise in another possnet by them put them seething hot together boyle them a little while together with seething then put them into glasses made like marmalade boxes and so set them in a warm oven or stove in a drying heat let them stand so a fortnight or 3 weeks and never be cold remove them from one warm place to another that they may not be cold they will turn in a week beware you set them not to hot they will be tough & so every day turn them till they be dry & they will look very clear canded without and moist within.

440. *To Dry any Fruit after they are Preserved.*

TAKE pippins pears or plummess wash them out in warme water from that sirrop they are preserved in and strew them over with searched Sugar as you would do flour upon fish to fry them set them in a broad earthen pan that they may lie one by one then set them in a warme oven or stove to dry if you will candie them with all you must strew on Sugar 3 or 4 times in drying.

441. *To Dry any Fruit without Sugar.*

TAKE pears or pippins and lay them in an earthen pan one by one and bake them full but not let them brake then lay them upon seafe bottomes in an

oven and so dry them up in a drying heat and so every day turn them till they be dry.

442. *To candie the Clear Rock Candie.*

TAKE Spices or flowers or any dried sucket any fruits after they be preserved and dry again lay them upon round wyers in an earthen pan the pan narrow at the bottom and broad on the top and take as much refine Sugar or Crafeel powder you must neither take barberry Sugar nor maderous they are to fat put to it as much water as will melt it that is half a pint to every pound and something more and when your Sugar is all melt'd take the white of an egg and a dozen spoonfulls of fair water beat it together in a bason wth a burchen rod till it come to a froth then put the froth of the egg into the hot Sirrop set it on the fire again and when it is boyled and when it riseth drop a drop or 2 of cold water amongst it then set it on the fire and scumme it then boyle it to a candie hight that is when it will draw like a thread between your finger and your thumbe then pour it seething hot into your pan amongst your fruit set it upon a cushen in a warme chimney corner cover it close with a blancket on the morrow pour out all the Sirrop that will run from it and then set your pot in a warme place again to dry pick up your wyer take of all your fruits lay them on paper to dry yⁿ box y^m.

443. *To sucket Candie Oringes Lemons Pome-Citerons & Lettice Stalks.*

BOYLE them tender in water and then Candie y^m as you do Ringoe roots by Re^a 356.

444. *To candye Flowers the Spanish Fashion.*

TAKE flowers of any Sort whatsoever and picke off the leaves from the flower and make a Sirrop of Sugar and put in the blossoms of your flowers as

many as will go into the Sirrop boyle them with stirring until it be turned to Sugar again set it off the fire and with the back of a spoon stir them and bruise the sugar from them and they will be canded and no Sugar seen upon them.

445. To make Lozenges of any of these Flowers.

MAKE a Sirrop of Sugar as before and take the blossoms of what flowers you will & sherd them on a trencher or beat them in a wooden dish then put in as many as will colour the Sirrop of that colour the flowers are of and boyle it with stirring till it will come clear from the bottom of the Skillet and so thick that it will scarce drop out of your spoon then pour it upon a wet trencher wth a wet knife spread it abroad not very thin when it is cold cut it in square lozenges like square diamonds.

446. To make a March Payne Ice it Garnishe it & Gild it.

TAKE almonds and blanch them out of seething water beat them in a stone mortar drop in now and then a drop or 2 of rosewater to keep them from oyling now & then strew in a handful of searched Sugar to bring it to paste when you have brought it to perfect paste rowle it abroad as thin as you will have it set an edge about it as about a tart then make little conceiptes to garnish it then set it in an oven as hot as for manchet and bake it lay wafers under it upon a double paper bake it on a pye plate, then ice it with the white of an egg rosewater and searched Sugar beaten together as thick as batter for fritters when it is half baked spread on this ice with a feather fet it into the oven again when the ice is risen take it out stick in your garnishing in long cumfitts while it is hot then when it is cold gild it.

447. *To make Sugar Plate.*

TAKE seached Sugar make it up to paste with gumdragon steep'd with rosewater when you have brought it to a perfect paste rowle it as thin as ever you can fo print it in moulds & it will dry as it lies.

448. *To make Wallnuts Artificial.*

TAKE some of the Sugar plate print it in a mould made for a wallnut kernell and yellow it over with a little safforn water with a feather take search'd cinnamon and Sugar as much of the one as the other make it up to paste with gumdragon steep'd with rose water print that in a mould made like a wallnut shell & when they be dry close them together with a little gumdragon.

449. *To make Muskedyne Cumfits.*

TAKE Sugar plate mould it in a little muske and ambergreece then rowle it as thin as paper and cut it square like lozenges like small diamonds then let it dry as it lyeth.

450. *To make Italian Biskit.*

TAKE Seached Sugar a little of the white of an egg a little ambergreece and muske according to your taste and when you have beaten this to paste in an Alleblaster mortar then mould it in a little annyseede finely dusted and make it up in loaves as big as crabs cut them about like manchet and when they be risen Something high take them forth upon the plate you baked them on remove them not till they cold for if they be they will breake.

451. *To make French Biskit.*

TAKE half a peck of flour 4 eggs half a pint of ale yest an ounce and half of annyseeds make all these together in a loaf with a little sweet cream and

a little cold water make it in the fashion of a dutch loaf something long cut it in good thick slices like toasts when it is 2 day old then rub it over with powder Sugar and lay it in a warme Stove and let it dry in and so you must Sugar it over 3 or 4 times & then box it.

452. *To make Macaroons.*

TAKE almonds and blanche them take a quarter of a pound and 3 ounces of Searched Sugar beat these in a mortar with a little of the white of an egg and rose water so beat it till it be a thicker than batter for fritters drop it upon wafers and so bake it.

453. *To make Naples Biskit.*

TAKE almonds as you did for macaroons to a quarter of a pound an ounce of pine apple seeds bake it as before that is all the difference.

454. *To make any Artificial Fruits, as Oranges, Lemons, Cucumbers, Radish, Herrings, Sprats, Oysters, or Mushells.*

TAKE alleblaster moulds made in 3 pieces bind 2 pieces together water them very well an hour or 2 take as much sugar as will fill your mould by your own aime boyle it to a manus Christi that is till it be almost Sugar again then pour it into your mould very quick put on the lid of the mould & turn it round with your hand very quick & when it is cold take it out it will be whole and hollow.

455. *To boyle Sugar to a Manus Christi.*

BOYLE it till it be almost Sugar again and the last drop of your spoon there will a hair drop from it as fine as the hair of your head.

456. *To boyle Sugar to a Candy Hight.*

BOYLE your sugar till it will draw like a thread between your finger & thumbe.

457. *To make a Pomander.*

TAKE Benjamine, Storax, Labdanum, of each half an ounce Muske, civit, of each six grains, 2 grains of ambergreefe a dram of sweet balmeſum beat all theſe together in a hot mortar then rowle it up in beads as big or as little as you will have it while it is hot and ſo make holes in them and ſo uſe them.

458. *To make a Perfume to burn in a Chamber.*

TAKE Benjamine, Storax and Labdanum of each a like a little damaſke powder orace powder a little, a little frankenſenſe and mirr powder of Jewiper beat all theſe together to a paſte in a hot mortar and ſo make it up in the faſhion of great black cloves & ſo burn them when you pleaſe it's a pleaſant ſmell.

459. *A Perfume to perfume Starch.*

AFTER you have made your ſtarch ſomething thick put in ſome roſe water w^{ch} muſk and ambergreefe have been Steed in all night and it will make your linnen to ſmell moſt pleaſently.

460. *To perfume Gloves.*

TAKE benjamine, Storax, civit, muſke and ambergreefe with the oyle of Sweet balfame with a little orace flower water grind all theſe very well upon a painters ſtone and ſo waſh your gloves with it and put them upon ſticks & dry them the oyle of balfame keeps y^m ſupple that they will not dry ſtiff.

461. *To make a Mothes Powder to lay amongst your
Linnen or Wollen Clothes.*

TAKE the moss of a sweet apple tree lay it in steep in rose water all one night stop the vessel very close that it is in then lay it a drying in a paper in a warme oven So steep it and dry it 3 times then beat it very fine and put to the powder of cloves the powder of sweet marjerom orace powder damaske powder as much musk and ambergreece as you please no civit for that will clam it then put it in a taffety bag and so use it.

462. *A Water to make the Breatb Sweet.*

TAKE the powder of Sage the powder of Winter Savery and the powder of Sweet marjerom the powder of cloves and mace a little nutmeg a little musk steep'd in the juice of lemons and white wine drink all these together a spoonfull at a time evening and morning wth the juice of lemons amongst it.

463. *A Powder to make the Teeth White and Sweet.*

TAKE the powder of Sage the Shavings of ivory put them amongst ye juice of lemons & every evening and morning rub your teeth therewith & it will make them both white and sweet.

464. *An excellent Water to clear Hands and Face.*

TAKE a quart of fair water a pint of white wine the juice of 4 lemons put into these bean blossoms elder blossoms white lilly blossoms a handfull of them all put them amongst the wine and water and put into 4 wild dasie roots 4 marsh mallow roots and 2 or 3 bunches of wild tansie as much of femitary the weight of 2 pence in campheer put all these together in an earthen pot set the pot in warm aishes all night then in the morning strain it through a piece of white

cotton clean washt and put it into a narrow mouth'd glafs set the glafs in the sun 3 or 4 days in the heat of the sun if there be any redness or pimples in the face take the white dung of a hen and so steep it in that water all one night then strain it again through the cloth wash your face with this water evening & morning if you wash your hands with any of this water put thereto 3 or 4 bruised almonds this is y^e most excellent water that ever was made to clear hands and face withall. Probatum Est.

465. *Sr. George Horsfeyes Green Ointment for Aches proceeding from a Cold Cause for Shrunke Sinews in Man, or Beast, & for Strains it's incomperably good & holds Perfection 40 years.*

TAKE mallows groundcel strawberry lavender cotten birtch leaves chickweed comfry parsley sage leaves bayleaves cammomile, Adderstongue ox-eye of each 3 handfulls chop the herbs very small and beat them in a mortar take of roses four pound frankensence 2 pound and set them upon the fire then put in hogsgrease 12 pound may butter clarified in the Sun 38 pound Sallet oyle 1 gallon Turpentine 4 pound verdigrease half a pound when all these are melt'd put in the herbs & let them boyle half a quarter of an hour and carefully stir while it is upon y^e fire then take it off and stir it a quarter of an hour after when it is cold put it into pots close covered and set them in a horse dunghill a yard deep for 21 days then take them out and put them altogether & set them on the fire again and boyle y^m a walme or 2 then strain it and put thereto 2 pound of oyle of spike so apply it to the place agrived gently warming it with one hand this is only to be made in may. Probatum Est.

466. *To make Thin Cheefe.*

TAKE 8 quarts of new milk from y^e cow strain'd put to it 4 or 5 quarts of cream strained and put to 8 quarts or little more of water very hot then put in the runnet & stir it together then cover it very close till it comes and so soon as it's come put y^e cloth upon the cheefe-vate & lade the curds as whole as you can into it & let it whey draw it self and when it hath done runing lay on ye cloth and the follower & a weight so let it stand a pretty while then shift it into a dry cloth and when it hath done weting the cloth it must be put into a piece of bays or cloth & lay it on y^e floor and in 9 or 10 days it will be for your eating.

467. *To make Angelot Cheefe.*

TAKE 2 gallons of new milk put to it 2 quarts of thick cream then heat it some what more then blood warme then fet it together with 2 spoonfulls of runnet, when 't is run whey it not but fet your fat ready which must be about half a yard high turned round like a pint but bigger without a bottom it must be fet upon a even board & the curd put into it and ever as the whey runeth from it, it must be filled up it will take a whole day to fill it, then let it stand and settle 3 days in the fat untill it be so hardned that you may take off the moulds without breaking when they be out salt them with white salt 3 or 4 hours at the most strew'd all over y^m but never put in pickle then wipe them over with a fair dry cloth as clean as possible the left will best leper all the cheefe so let them dry upon clean cloths in a window turne them every day and as they grow mouldy or fowle rub them easily with clean and dry clothes this proportion will make 2 cheefes. these cheefes are best to be made in may or september.

468. *To make Pastills.*

TAKE a pound of Sugar a quarter of a pound of ambergreece & of musk the 8th, 10th or 12th part let the Sugar be double refined beat it & incorporate it well with the amber and musk then take gumdragon steep it in oringe flower water Impast the Sugar with it make it into cakes dry them in the Shade and Sun take heed of using to much gum for a very little will serve be sure to let your cakes dry well in the shade before you put them in the Sun or they will crack.

469. *For Fine Linnen.*

TAKE of orrice 4 pounds callamase half a pound benjamin a pound Storax a pound cloves a quarter of a pound civet half an ounce muske an ounce ointment of oringe flowers 2 ounces lignum alloe 2 ounces ambergreece half an ounce rose wood half a pound the amber civet musk and ointment of oranges must be mingled together & melt'd & you must either rub the roses with it or else some wool the wool will keep the smell longest to every pound of roses a pound of powder.

470. *Perfumes to Burn.*

TAKE Damask rose buds and cut off the whites then beat them very small take half a pound of them when they are beaten and put to them 3 ounces of benjamine half a quarter of an ounce of muske as much of civet and as much ambergreece then mingle it all well together and make it up in little thin cakes and lay them upon rose leaves & dry them in the sun till they be very dry.

471. *For Ordinary Linnen.*

TAKE of orrice 8 pound callamase 2 pound damaske powder a pound cloves a pound gallin-gall half a pound benjamin half a pound Storax halfe

a pound lavender a pound to every pound of rose leaves you must put a pound of powder.

472. *To destroy Moths & preserve Cloths untouch'd.*

TAKE the bear frame of a square table cover it over with such furniture you mean to preserve you must let your furniture touch the ground at the sides & ends of the frame to keep in the heat and vapor then take a chaffendish of charcole or cole of wood fire and put thereon a quantity of alloe sequetrina and a quantity of gallinger roots then put your chaffendish in the midst of the frame and let it remaine there untill y^e vapor be quite settled and the engredients consumed this absolutely at once ordering will destroy all the moths bred in your furniture & continually preserve such furnitures as is untouched.

473. *To destroy Moths in Chairs & Stools & to refresh ye Colour.*

TAKE a quantity of sharp small beer or ale put therein a quantity of alloe & a quantity of gallinger as aforesaid make it boyle 3 or 4 walmes untill ye alloe be dissolved then take a piece of woollen cloth dip it therein and wash over your chairs and stools therewith then put them to dry this will kill all the moths though bred in the seats amongst feathers ffox or wool and refresh any colour'd cloth or stuff turkey workes or needel workes not altering the property of ye colours nor hurting the workes.

474. *To scoure and refresh the Colour of Clotb Carpets, Silk Curtains, or any Stuff y^e is Stain'd or Soil'd.*

TAKE a quantity of orgull break it to a small powder then put it into some pewter platter then put it over a chaffendish of coles make it hot then

put your carpet or curtain abroad upon a table afterwards take a brush made of swines hairs dip it therein and so rub over your carpet or curtain therewith this will take away all the spots and refresh the colour.

475. *To scoure & refresh ye Colour of Gold & Silver
Lace or Fringe.*

TAKE a quantity of wine vinegar put therein a quantity of rock allome make it boyle till the allome be dissolved then rub over your lace therein afterwards wash it over with clean water and castle soap this will make your lace very fair and fresh. Some rub it only wth the powder of Common Palk burnt:

476. *To scoure or refresh ye Colours of Pictures y^e are
Stain'd or Soil'd.*

TAKE a quantity of wine vinegar & a quantity of allome let it boyle till ye allome be dissolved then take a piece of fine clean linnen cloth dip it therein & wash over your pictures therewith then let them dry and after they are dry take a little piece of fine linnen cloth dip it in linset oyle and so wipe over your picktures therewith then hang them in their places this will fetch off all y^e stains and make y^e pictures fresh.

477. *To dress & order Thin & Old Bedtikes to make
y^m keep in their Feathers.*

TAKE a quantity of wheat flour and a quantity of yellow wax put it into clean water make it boyle and stir it well together untill the wax be clear dissolved then let it cool and after it is cold use it after this manner, take your bedtike turn the wrong side outwards and spread it abroad upon a table then take a brush made of swines hairs dip it therein rub over every place of your bed tike therewith and put it to

dry this will make your bed thick and strong & cause that no feathers shall come out nor dust enter in.

478. *To perfume Bedtikes for Down or other Bedtikes w^{ch} y^e Feathers smell Strong and Muskie.*

TAKE clean water, wax and flour make it boyle and stir it well together untill the wax be dissolved and when your wax is dissolved take a quantity of cloves beaten to powder and a quantity of sweet water or damaske rose water cast it therein Stir it well together and when it is cold dress your bed therewith according to ye last receipt this done you shall smell your bed all over ye chamber w^{ch} it cometh to the heat of the body it's both comfortable to ye head and stomach and not offensive to a woman in child bed.

479. *To make Butter Cheefe.*

RUN the morning milk as you usually do Stir and sink it when it is well whey and gather'd put it in a great vate press it very little then put it in a great trendell and break it very small and mix with it good store of runnet (?) and all the butter that can be made of the evening cream well beat from the butter milk they must be so wrought together that you may not discern the one from the other then put it in a great vate that will hold a peck at least in a large cloth well fastned y^t the curd worke not forth you must press it by degrees and not put on the full weight at first change it in a dry cloth at noon and salt it well it must stand in the press 2 days & 2 nights putting twice a day in fresh cloths it must not be eat under 2 years old at soonest neither made in a little quantity.

480. *To keep Oringes fresh all y^e Year.*

TAKE such a number as you intend to keep out of the ship before they are wash'd strow 2 inches of wood ashes finely sift'd in the bottom of a box or

barrell then lay the oringes in rowes to that they may neither touch one another or the sides of the box then fisting 2 inches thick of aishes more over them and place so many rowes of oringes after the same manner as the box or barrell will hold.

481. *To make Quince Marmalade.*

TAKE your quinces that are full ripe look yellow without spots & fresh gather'd from the tree pare them and quarter them and cut out their core very clean and take their weight in good refined Sugar then take some of your other quinces that are not so purely fine quarter them & core them only and beat them in a stone mortar so small as with adding a spoonfull or two of fair water now & then to them you may gett the juice out of them then strain and wring them very hard through a thin cloth or boulder geting as much juice from them as possible you can and for want of this juice in case you have not quinces enough to make it up you may take the pareings and cores of those you intend for marmalade with the addition of a few ordinary quinces more & boyle them in a quantity of fair water till the quinces & pareings are tender and the water very strong of them then strain it and let it stand till it be thoroughly cold and to every pound of quinces and Sugar take a full pint or something more of this liquor or ye juice before mentioned and pour it into your quarter'd quinces alone & let them boyle in it till they are very tender then mash them well together with a spoon but break not your quinces to small but leave some pretty big bits and then put in your sugar being first finely beaten stirring it altogether and makeing it boyle if you intend to have it red marmalade you must keep it continually boyling very close cover'd and stir'd hard from ye bottom or it will soon burn when ye Sugar is in it & when you perceive it grow red & come to a

pure cherry colour w^{ch} with long constant boyling and stirring it will be then warme your glassees at the fire lest they break & so put in into them as fast as you can and keep it in a moderately hot Stove all ye year for your use.

482. *An excellent Pommander.*

TAKE half an ounce of benjamin half an ounce of damase rose leaves a quarter of an ounce of Storax beat these very small severally then sift them and mingle the powder then take some gumdragon steep'd in rose water 24 hours and make it into a stiff past then take 4 grains of ambergreece 4 grains of musk and 2 of civit grind these together with a little juice of Lemon till they are dissolved then anoint the hand with essence of jessamie or roses & work the past well with the musk and amber if it be to limber put in powder of roses if to stiff a little rose water then weigh them of an equal weight and rowle them up in your hand but while they are wet make holes through them with a bodkin dry them betwixt 2 papers.

483. *To make Mince Pyes.*

TAKE tongues par-boyled cut the roots and hard all off then to 4 pound of meat take 8 pound of the best sewit cut the tongues in little square pieces like dice then shred it fine do the sewit the same then put it to the meat by degrees and stir it lightly to keep it from lumping then chop meat and sewit together & sift it through a fine split sieve save the lumps that remain behind chop them again and sift them as before till all are gone to this proportion of meat and sewit take half an ounce of nutmegs half an ounce of cinnamon almost as much mace half a quarter of an ounce of cloves beat the spice all but the nutmegs very fine then sift it through a sieve as you strain water grewel through let your sieve be very dry that done and your

meat ready then put in your spice and salt to your taste 2 pound and a half of the best raisons of the Sun Stoned and shred as fine as can be dates half a pound shred as fine as the raisons, cittern above a quarter of a pound, a quarter of a pound of candied lemon not quite a quarter of a pound of candied oringe shred them but not so fine as the rest 10 or a dozen of the best pip-pins par'd and shred as fine as can be but neither pare nor shred them till just you put them into y^r meat then rub in everything severally into your meat & well without clodding have 4 pound of the best currants clean wash'd pick'd and dryed 2 pound of Sugar or something better beat fine a quarter of a pint of the best rose water of the best canary a pint and a quarter, 3 quarters of a pint of the best verges lay more sliced cittern on the top of the pyes if you keep any of the meat by to make up after the first time stir it well every day & do not put in the juice of Lemon for it will not do well to stand in long you must mingle your Sack rosewater & verges together then turn up your meat and sprinkle it in by degrees y^t all the meat may fare alike & not Lump to this quantity you may put the juice of 2 lemons but not to stand in longer then just while you make y^m up.

484. *An excellent Water for ye Head & for Sleep
called ye Emperour Charleses Water.*

WHEN roses are blown, take a quart of good aquavite in a glafs with a narrow neck and when the roses are half blown take a handfull of the leaves without ye seed put them into the glafs and when the marioran bloweth & the Apiastrum take then a handfull of their buds chop them small and put them into the glafs Take also cloves nutmegs cinnamon mace cardamum of each an ounce & a half bruise all these grossly and put it in the glafs and when the lavender and rosemary are blown add a handfull of each flowers

also shake them well together and stop it close let it stand 10 days in a hot sun it must be used by anointing the temples and nostrills it fortifieth and Corroborateh the head and memory.

485. *The Lady Drakes Re^a to cure the Stone.*

TAKE Saxafrage, Pellitory of the wall parsfley, mother of time of each a handfull clean pickt 3 or 4 radish roots scrap't and sliced steep these in a gallon of new milk at night cover it close distill it in the morning in a common still let it run while good mix it all of a strength take 6 spoonfulls of this water with as much white or renish with a little nutmeg & sugar just warmed and drink it nights & mornings 3 days before the new and the full of the moon for a year together. Probatum Est.

486. *Cere Clothes.*

DISSOLVE on the coals an ounce and half of virgins wax and put to it as much Spermacitti as will lye on a shilling and a spoonfull of oyle of sweet almonds a few drops of oyle of cloves dip your cloths in it and when they are cold wring them in a cloth and clap them between your hands.

487. *Almond Custards.*

TAKE 2 pound of almonds stamp them with rose water strain them into a quart of thick cream washing them through with a little of the cream till you have got out the best of them but reserve one spoonfull to put to it without straining put to it 14 whites of eggs well beaten sweeten & bake it as you please.

488. *Macaroons.*

HALF a pound of almonds stamp'd with rosewater the whites of 4 eggs whipt to froth with 2 spoonfulls of rosewater half a pound of double refined Sugar 2 spoonfulls of rice flour both searched fine mix it in a bafon & set it on hot coals keep firing it till tis boyling hot lay wafers on white papers and put this on them bake them in a quick oven.

489. *A Ragou of Veal.*

TAKE a breast of veal lard it pretty thick with great lards then brown it very well in a frying pan put it into a stew pan with some of the butter it was fry'd in flower it and let it fry there a little then put in gravie or strong broth almost to cover it & let it stew till tis tender then season it with pepper, salt, mace nutmeg Sweet herbs, an onion put in 2 or 3 Sweet breads slicet some pallats 6 yolks of eggs put in juice of lemon or verjuice a quarter of a pound of butter dish it on toast and pour the sauce over it.

490. *For a Tickling Cough or Rhume.*

2 OUNCES of conserve of red roses 2 ounces of honey 60 grains of mastick 60 grains of libanum 20 drops of Sulphur or as much as will make it sharp and make it all up together in an Electuary & tyed up close which will serve for half a year or a year and take the quantity of a nutmeg first in the morning and last at night.

491. *For Flegme when it sticks that it cannot come up.*

TAKE a spoonfull of mustard 2 spoonfulls of honey & a spoonfull of good oyle or oyle of sweet almonds a spoonful of vinegar or good crab verjuice or wine vinegar if not to sharp beat it well together and

take it in bed and swallow it down by degrees tye it up close it will keep but a little time take a quarter of a spoonfull at a time mornings and last at night.

492. *For a Cold newly taken.*

TAKE a pint of posset drink cut 5 large lent-figgs in small thin slices a stick of liquorish stript small and about half a spoonfull of annyseeds bruised put these into the posset drink boyle them till almost half be consumed drink it hot as you go to bed.

493. *To keep damosens all ye Year.*

BAKE your Damosens and take the juice only a good quantity and put Sugar thereto about the weight of your liquor so boyle it & scumme it clean then let it stand till it be cold then put it in your damosens raw as many as your juice will cover and stop them up close to keep all the year.

494. *For a Healing Ointment.*

TAKE mallows orpine dandelion brooklime St Johns wort Elder leaves of each one handfull boyle all these together in the fleck of a pig or fresh butter for the space of 2 hours under a soft fire yn strain it and keep it for use.

495. *For a Drawing Salve.*

TAKE of pitch and bees wax of each a quarter of a pound & of rozen half a pound & 4 pennyworth of venice turpentine add thereunto so much of the healing ointment as your own reason will direct you that may serve to make it up into a plastering salve all these must be boyled and stir'd together untill they are well incorporated you may observe that a little of the ointment being put in will serve for the incorporating & dissolving the other ingredients after these

are boyled together you are to pour them into a vessell of fair water and then break & worke them well together and then make them up into rowles for use.

496. *For a Tenting Salve.*

TAKE an ounce of beefwax and 2 ounces of Rozin and one penny worth of venice turpentine and boyle them together with so much deers sewit as will consolidate them into a Salve when these are boyled together strain them for use if you cannot get deers sewit you may take the best sheeps sewit.

497. *A Poultise.*

TAKE all the herbs before named in the healing ointment & boyle them in beer for an hour then strain out the herbs and thicken the liquor wth oat-meal or bread then boyle it well until it become a thick poultise and yⁿ put into it oyle or fresh liquor If the maladye ye poultise is to be apply'd unto requires speedy breaking then boyle together wth ye herbs an handful or less of white lilly mores this poultise is very usefull for all sorts of swellings.

498. *A Cordiall or Surffit Water of Poppies.*

TAKE of the poppie flowers pluck them from the stalks then sift y^m from the seeds and weigh out 4 pounds then steep them in 3 gallons of strong ale and with them half a pound of liquorish and half a pound of annyseeds and let them steep a whole night then distill them in your limbeck the first runing will be very strong the second somewhat smaller when you have drawn a quart or 2 then take 2 handfulls of poppie flowers being pickt and sift'd and let them lye in the water 5 or 6 days till it comes to the colour of a peal claret wine and upon any indisposition of the stomach sickness or surfit 5 or 6 spoonfulls of this is

very cordiall the 2 quarts will be strong and you must strain out the leaves after 5 or 6 days. Probatum est.

499. *To make a Surfit Water.*

TAKE of ale measure 6 gallons of strong ale one pound of liquorish half a pound of annyseeds 2 pound of red poppey one ounce of cloves one ounce of nutmegs one ounce of cinnamon and one ounce of ginger bruise the cloves gently and slice all the rest of ye spices take likewise half a pound of figs a quarterne of dates a pound of raisons of the Sun Stoned lay all these in steep over night in the ale then take a quarter of a pound of white Sugar candy finely beaten and put it into your glasse which receives your distillation put the first and second runing together otherwise it will be to strong you may put in a grain or 2 of ambergreefe & a handfull of poppie leaves to colour it.

500. *For a Sinew Strain in Man or Beast.*

TAKE of Nerve oyle Frankinsence Brandy venice turpentine and black soap of each a convenient quantity melt them together and chafe it well in with your hand and hold a red hot iron or fire shovel to it whilst you are doing of it to force it the better in. You may add a little quantity of gum anomy. Probatum est.

501. *To make Juice of Liquorish as a special Cordiall.*

TAKE a pound of liquorish a quart of Ilope water the 3^d part of a quart of red rose water Sugar candy one pound confection of alkermise 2 ounces ambergreefe 80 grains musk 50 grains unicornes horn 30 grains prepared pearl 2 drams beasor stone 40 grains Harts horne half an ounce take your liquorish scrape it and slice it then beat it to powder and put it into a silver or earthern pipkin and let it stand on a soft fire simpering till it be reasonably thick then strain it

through a searce and put in the Sugar candie finely beaten then set it in the sun where no rain comes stirring it together once in 4 or 5 days you must make it in april & it must stand close cover'd in the Sun (stirring it as aforesaid) the space of 2 months at least wⁿ it hath been thus dried you must take your other ingredients and with some of the liquor grind them in a smooth stone mortar or on a perfumers stone till these be very fine then mix them well together with the rest & set it again in the Sun 3 months more or till it be hard enough to box up still stirring it as aforesaid every 4 or 5 days.

502. *To make a Powder for the Stone used by Pope Silvester ye 2d.*

TAKE groundsell seed and Saxaifrage seed of each an ounce filipendula half an ounce white amber and corall white and red of each a quarter of an ounce make all these into a fine powder and mix them well together and of this give the patient one spoonfull each morning while it last in broth or pottage and it will help and deffend him from the stone that it never will come again.

503. *For an Ague.*

TAKE of aloes Sickatryna and beat it in 2 spoonfulls of english honey half a pint of white wine vinegar and a little piece of allome boyle these together till they be thick then make a plaister thereof on a piece of leather and apply it to the navel of the belly as hot as may be suffred it cureth the ague and killeth wormes.

504. *For Agues of all Sorts.*

TAKE venice turpentine and white frankinsence finely powdered and strew it into your turpentine till it be stiff enough not to run abroad well mingling

it together with a knife then spread it on round pieces of leather 2 inches and half over for a man & less for children and when you have spread over your plaister with this liquid turpentine and frankinsence mingled as before then strew on more of the powder finely searh'd and so let them lay and dry till a white paper will not stick to them and so puting papers between each plaister lay them up for use & when you use them warme them and apply them to the navel a little before the fit comes & let it lay on till they fall off themselves if one plaister cures not then use a 2^d and so a 3^d but a 1st seldom fails. Probatum est.

505. *An Ointment for Eyes.*

TAKE 4 ounces of may butter 2 ounces of virgins wax 2 scruples of tutty fully prepared 2 scruples of camphir 4 spoonfulls of white or red rose water melt the butter and wax and then put in all the materialls and before to keep it stirring till it be quite cold when there is occasion to use it take a little of it and put it into the palme of your hand & when it is softned then with your finger anoint all about it on the outside of your eyes and the temples the last thing you do when you go to bed if there should be occasion to wash ye eyes in the morning white or red rose water is best.

506. *A Puff Paste.*

TAKE 2 pound of flour a pound and half of butter 2 eggs 3 spoonfulls of Sack make the paste not to stiff with cold water work it very smooth rowle it out 4 square beat up your butter lay it on in thin slices strewing flour between rowle it up again till ye butter is used up in a sheet as thick as a finger half an hour will bake it.

507. *A Water for Wounds and Old Sores.*

TAKE 2 ounces of white copperas and a quarter of an ounce of camphir put them into some little earthen pot and set it in hot embers and stir it till it be melted and dried again to a powder then take 2 ounces of boel-armeniack and beat it small and mix it with the other powder when this is done take 2 pottle of spring water and let it boyle till a quarter of it be consumed then take it off and put half of the powder into it So put it into a glasse and keep it for your use it will keep a long time before you dress any wound (shake the glasse well then let it settle again least any of the powder should be amongst it when you dress the wound and so eat into the flesh) which having washt well fould a clout 6 or 8 double wetting it thoroughly with ye same water and lay it on the wound then take another clout 8 or 10 times double as near as you can guess to the bigness of the wound or a thought less and lay it on the other cloth as wet as the former full in the mouth of the wound and so bind it on with a swath or rowler it is excellent good for men to use y^t have le grand veroll aue vierge pour le laver. Probatum est.

508. *The Wound Drink.*

TAKE wormwood southernwood fanicle white bottles Ragwort plantain ribwort woodbins oake-buds dandelyon mugwort dayseyes roots and all bramble buds herbgrease violet leaves strawberry leaves Suinquefoyle, angellicoe, adderstongue scordium wood bittoney agrimony hawthorne buds bugle lungewort avens comfry mints Scabious and pimpermell these herbs are to be gather'd pick'd and dried in may month then put them in severall papers & so keep them all the year but the buds are to be gather'd at their first coming forth when you make it take one handfull of each sort a pottle of fair water and a quart

of white wine boyle these together till half be boyled away then strain the liquor from the herbs and put to it a pint of honey then boyle it a little till you have scummed it then take it off and let it coole & keep it, close stop'd let the patient take 3 spoonfulls of it morning & evening first & last but if for a child 2 spoonfulls is sufficient.

The vertues of it.

IT cureth wounds and sores laying on them a plaister of honey and wax or one of the following cere cloths without tents it scaleth putrified bones breaketh and expelleth imposthumes cureth aches in the stomach expelleth bullets & cureth the Isue it stopeth bleeding at nostrells all wounds and broken veins the herbs must be gathered at the latter end of april in may or ye beginning of June as the season of the herbs are w^{ch} must be dryed without Sun or fire comeing near them & the handfulls mentioned are to be understood handfulls of dry herbs. Probatum Est.

509. *The Black Cere Cloth.*

TAKE a quart of sallet oyle a pound of red ledd boyle these together on a soft fire untill it be black then dip your old linnen cloth therein, and hang it up till it be thoroughly cold & stiff when it leaves its clamminess & sticking to the finger it is enough boyled. Probatum est.

510. *The White Cere Cloth.*

TAKE a quart of sallet oyle red ledd half a pound white lead $\frac{1}{2}$ a pound camfir 2 drams boyle these until they leave their clamminess and stick to ye finger which is then enough boyled.

The poultise if occasion for any is only milk thickened with white bread crums and a quantity of saffron as will colour it to the colour of the yolke of an egg and the wound drink drank as afore prescribed.

511. *Direction to cure Ye King's Evil & 1st for
the drink.*

TAKE agremoney mugwort march fanicle liverwort
Kingswort coltsfoot maiden hair scabious harts
tongue of bittony of each of all these a small handfull
to be boyled in 6 quarts of spring water with half a
pound of raisons of the Sun Stoned a quarter of a
pound of currants 8 figgs better than half a pound of
annyseeds one stick of liquorish boyle all these together
til it be consumed to 3 quarts then strain it through
a hair sieve & cool it and so put it in a pot and let the
patient drink it in the morning fasting and again
about 4 a clock in the afternoon.

If it must be broken take castile soap and temper it
with barme & apply it till it break when it is broken
apply the same as long as you shall think there is
anything to be drawn forth of the wound then heal it
wth the following Salve :

512. *A healing Salve for ye King's Evil.*

TAKE groundsell vallerian elder buds or in the
winter the inner rind of ye elder tree Islope brown
Sage a good handfull of each sort half a pound of
clarified butter 3 ounces of beefwax one ounce of
rozin half a pound of sheeps sewit 2 ounces of hog's
lard chop these herbs small and boyle them in those
liquors softly a quarter of an hour then strain it and
stir it till it be almost cold and then apply it to the sore
but if you think the sore doth breed a worme then take
the powder of a Sea crab shell & all together baked
in an oven and so made to powder the powder also
of frankinsence of oyle of wormwood an ounce and
the oyle of 6 eggs put off ye powder of crab as much
as will fill a thimble half as much of the powder of
frankinsence stir it together into ye oyle and with a
feather put some of it into the wound under the
plaister.

To wash it you must take warme white wine or crab verjuice, if these things heal not then take the oyle of the finest tar stir'd with a stick the oyle will come upon the top which take with a feather and apply to ye sore.

513. *To raise a Blister.*

IF you raise a blister then it must not be broken but take speare grafs and pound a little of the leaves putting a little butter amongst it put also as much of it as a small nut and that will raise a blister of the same bigness cut the blister clean away and then put castile soap and barme as aforesaid to draw it as long as it will yield anything then after apply the forementioned Salve unto the sore and (God willing) this will cure the party in time. *Probatum Est.*

514. *Swallows Ointment.*

TAKE lavender cotten, spike, knot grafs, Ribwort barme vallerian, rosemary tops alehoofe, strawberrystrings woodbine tops, vinestrings, french mallows the tops of tutsan, plantin leaves, walnut leaves, the tops of young bays Issope, violet leaves, Sage of virtue, fine Roman wormwood of each of these one handfull of redroses and cammomile 2 handfulls of each 10 young swallows alive one quart of neats foot oyle or may butter 2 ounces of cloves pound all these together in a mortar small then put them in an earthen pipkin and stop it close with a piece of dough that no air get in then set it in a seller or coole place 9 days then take it and open it and add thereto a pint of sallet oyle a quarter of a pound of yellow wax then set it over ye fire in a kettle of water and let it boyle 6 or 7 hours then take it off the fire and strain it into your pot to keep it for your use keeping it close cover'd. it is good for a sprain or wrinch or ache of long continuance.

515. *The Lady Biddolpys Green Oyle to be made
in May.*

TAKE red sage, rosemary, lavender broad leaved
balsom cammomile, vallerian of each 4 ounces
wormwood 2 ounces gather them in a Sunshine day
wipe y^m and not wash them chop them very small and
put them into a convenient vessel and put to them a
quart of the best oyle of olives you can get tye it up
close let it stand in the sun 2 or 3 weeks stirring it once
in 3 or 4 days then put it into a skillet and boyle it
a little then strain out all the herbs as hard as you
can wring them and put into the oyle half the same
quantity of herbs again and let them stand as before
in the Sun 3 or 4 days then set them on the fire which
must be very gentle and let boyle very softly till your
oyle is of a perfect green then strain out the herbs
and let your oyle stand all night in a pewter bason
then set your oyle on a chaffendish of coles and let it
boyle a while and scumme it if anything do arise then
take it off and let it stand till it be cold then take a
glafs of the uppermost for special use the rest put into
a glafs for more ordinary use if there be any water at
ye bottom cast it away or trye it for eyes so preserv-
ing the balsam oyle for your use.

The vertue of it.

IT is good to anoint and tent all sores or wounds
for it doth heal first at the bottom it will not suffer
proud or dead flesh to grow in a wound it draws out
thornes and splinters, it is excellent for bruises in
any part of ye body to anoint the place outwardly or
to take inwardly to drink 10 or 12 drops to a man
or woman and half so much to a child in a spoonfull of
ale or white wine posset drink and drink a little more
posset drink after it 3 or 4 nights and mornings it
will drive out any bruised blood out of the body you
may give it to a woman after her travell it is good for

deafness that comes by cold drop 3 or 4 at night and morning for 2 or 3 days together so used it will help an imposthume in the head break and heal it you may drop into the eye if it be bruised with a blow it is good to anoint ye throat for the swelling of the almonds and to drop into ye ear for ye toothache.

516. *To stop Bleeding if a Veine be cut asunder.*

TAKE the shell of goose or hen that the chick comes out of when hatched & make it into powder being first burnt and cast thereon & it stanch it presently. Probatum Est.

517. *For the Jaundice.*

TAKE a handfull of earth wormes and put them awhile in salt & water to cleanse themselves then put them into a quart of white wine to steep until they dissolve then strain them out then put to the strained liquor 4 penny worth of english saffron and let that steep well in it also and let the party grieved take of this liquor thus prepared a quarter of a pint first in the morning and at 4 a clock in the afternoon and last at night. Probatum Est.

518. *Dr. Willis his electuarie for a Dead Palsey.*

TAKE conserve of sage flowers, bittony Rosemary of each an ounce the flowers of turrica 2 ounces preserved Mirobalance number 2 preserved nutmegs 2 drams spirits diambra, Salt of wormwood, powder of piony roots and of piony seeds of each one dram white amber white corral prepared of each 2 scruples & a half with a sufficient quantity of sirrop of stœchas to make it into an electuarie.

519. *His Whey for ye same Palsey.*

TAKE bittony sage mugwort pennyroyall fumetory of each one handfull damask rose leaves 3 handfulls epythum 2 ounces corriander & sweet fennell seeds of each an ounce cut these and dry them in the shade and so keep y^m for your use mixing them altogether one handfull of these herbs must be boyled in new whey a quarter of an hour & ye liquor drank when almost cold.

The above mentioned Electuary prescribed to be taken every morning very early in your bed and last at night the quantity of a nutmeg.

520. *An Eye Water.*

TAKE a new earthen vessel never used & so many gallons as it will hold pound so many ounces of white copperice in fine powder & when snow is on the ground fresh gather it very clean and put some snow in the pot & then some of the powder doing so untill all the copperice powder be spent and the vessel full then cover it with a clean cloth & set it in a cellar till the snow is all melted off the ground then strain it & keep it for use in bottles.

It is good for Ruehmetick eyes being dropt in when they go to bed it will take away pearls phillmes, webbs & blood sheds in eyes if you take a piece of red rose cake enough to cover and soake it in some of this water warme and lay it to the eye when you go to bed and let it lay on ye eye till the next morning. In short it is good for all distempers in ye eyes & for old sores in legs if bathed warme with, but to drop in ye eyes it must be cold.

521. *To make Wigs.*

TAKE 3 pound and a half of flour a pound of butter melt'd in a pint of milk a quart of yest half a pound of Sugar mixt into the milk butter &

yest half an ounce of cloves and mace a quarter of an ounce of carraway seeds a little salt and put all this into the flour and mix it up into a pretty stiff paste then weigh them into 4 ounces a piece & rowle them into wigs & bake them upon paper or tin plates butter'd.

522. Pills for Vapours of Spleen & Fits of ye Mother to Suppress and cure them.

TAKE castor, saffron, Gallbanum orsephetita and make them into fine powder of each half an ounce, half an ounce of methridate added in which well mix your powder with as much oyle of amber as will make it into pills of the largest size (or half an ounce of the powder) as the receipt exprest and then as much oyle of amber as will make it up in pills and of them one large or 2 middle size when you find the fits comeing keeping y^r selfe fasting an hour before & an hour after but if followed with ye fits then take one of them being of ye largest size morning afternoon and last at night if you drink anything after them let it be a little hyftericall water.

523. For a Cold.

TAKE 4 ounces of old conserve of red roses 2 ounces of white fugar candie 2 ounces of raisons of the Sun Stoned beat all these till well incorporated then add the quantity of a small walnut of diascordium and 2 spoonfulls of Sirrop of popies 7 drops of oyle of sulphur 11 drops of spirit of vitriol mingle all these very well together and take of it as much as a large nutmeg first in the morning fasting 2 or 3 hours after it & last at night leting it melt (as it were) gently down y^r throat.

524. *For the Scurvy.*

TAKE one good handfull of pine tree tops & bruise them and infuse y^m in one quart of white wine or renish 3 or 4 hours then take one good handfull of dandilyon boyle it in one quart of new milk make it into a posset with the wine take off the curd pour the drink scaulding hot upon brooklimes, water cresses, sea scurvy grafs garden scurvy grafs of each a large handfull with the rine of a lemon cover it & drink every morning & afternoon a quarter of a pint sweeten in with Sirrop made of oringe juice & wormwood cold still'd water—drink this ale april and september.

525. *To make the Convulsion Water.*

TAKE 2 quarts of Spring water and put therein half a handfull of bittony and as much plantin and Spermint & whore hound a quarter of a handfull of centry and as much cardus half a handfull of single pioney roots green & half a handfull of burdock roots green & both sliced very thin half an ounce of hart's horne & half an ounce of sweet fennell seed bruised a little a quarter of an ounce of bastorium and a quarter of an ounce Affifetita stop all these very close in a stone jugg and set it in a kettle of seething water up to the neck of the jugg & let it stand seething 8 hours then take it out and let it stand close stopt till next day then put it out into a brass pot and add to it a quart of cardus water and a quart of spermint water half a pint of red rose water & half a pint of old malligo Sack then put a small handfull of bittony & as much plantin and Spermin and whorehound and a quarter of a handfull of centry and as much cardus one handfull of single pioney roots and a handfull of burdock roots sliced 2 ounces & a half of harts horne an ounce and a half of sweet fennellseeds bruised 3 quarters of an ounce of bastorium and half an ounce of Affifetita

and one nutmeg sliced stop this pot very close that no breath may come out and on the cover set a weight of 18 or 20 pounds keep this to a moderate heat 8 hours more then let it stand close stoppt till the next day then open it & strain it out and put therein a pint and a half of malligo Sack & half a pint of annyseed water & a lb. or more of jeans treacle put it up into bottles & feed it wth treacle when you see fit all the herbs must be very dry.

526. *For the Yellow Jaundice or Collick in the Stomach or the Consumption, Obstructions in ye Liver Spleen & especially for ye Falling Sicknes.*

TAKE a peck of garden snails and wash them in a great bowle of beer & then make your chinney very clean and pour half a bushell of charcole & set y^m afire and when they are thoroughly kindled then with a shoule make a great hole in the midst of the fire and pour in your snails & scatter in some of your fire amongst them and so let them rest as long as you hear them make a noise then you must take them out of the fire and pick them out of their shells with a knife and with a coarse cloth pick and wipe all the green froth from them then in a stone mortar bruise them shells and all next take a quart of earth wormes and slit them then scoure them with salt then wash them and break them in pieces in a stone mortar then (the pot being very clean uppon which you set your limbeck) put them into it and about 2 handfulls of Angelico to put into the bottom & 2 handfulls of fallendine then put in a quart of rosemary flowers if you please you may put in Egremony of red dock roots, bear foot, the inner rine of barberry roots of woodsorrell & bittony of each 2 handfulls of rew half a handfull of Fenegrick & Turmerick of each an ounce of Saffron well Dry'd and beaten to powder the weight of 6 pence then pour into all these 3 gallons

of the strongest Ale you can get cover your pot & let it stand all night in the place where you mean to put fire to it in the morning you must put to them 3 ounces of very good cloves beaten to powder and before you put your fire to it with 6 ounces of good Harts horne you must not stir it after you have put in the Harts horne lest it go down to ye bottom then set on the limbeck and make it fast and so receive the water by pints the first water is best and strongest & must be received by its Selfe ye last is smallest and may be mended by putting the strongest to it when it is used this water must be given to the patient in a morning who must fast 2 hours after it and not sleep upon it or it may be given 2 hours after each meale he or she must take 2 spoonfulls of the strongest wth 4 spoonfulls of Ale or white wine and when you give ye smallest you must give as much water as drink. This has been aproved & is an excellent cordial.

527. *An Oyle for any deep wound or wounds through the Body or wounds made wth an envenomed Weapon, or Sinews Prickt.*

TAKE white wine or rather so much brown bastard, one quart of oyle of olives 2 quarts, one quart of the oyle of turpentine put all these together in a great double glasse and with them of ye leaves flowers Hieperig on and seeds of St Johnswort of each 2 great handfulls gently bruised set the glasse in the sun close stoppt 8 or 10 days then boyle them in a kettle with straw at the bottom for ye glasse to stand upon and when it hath gently boyled a great while then take off the kettle and coole it by degrees and then take out the glasse and strain out all the moisture from the herbs and put it into the glasse again with 2 of the fresh leaves of St Johnswort and of the flowers & seeds of each two handfulls & then set them in the sun as before 8 or 10 days then boyle and strain them

as before & so have you a oyle for all the purposes beforementioned & every year let it be again clarified in ye sun.

528. *The Countess of Brissolls Black Salve.*

TAKE one pound of white lead as much Lietheriegie of gold finely beaten & searh'd into a quart of sallet oyle then take 4 ounces of yellow wax & 3 drams of camphire boyle them together on a good fire till they grow very black and 6 hours after this is an exceeding good skinning Salve. Probaturum Est.

529. *An Ointment to cure old Sores, to searh Fistolas, to eate Dead Flesh and to dry up Waterry Humors.*

TAKE verdigreese 5 drams Honey 14 drams, white wine vinegar 5 drams boyle them on a soft fire and stir them well together till it come to a red substance & so keep it for use. Probatur Est.

530. *To make Milke Punch.*

TAKE 5 quarts of Brandy 8 quarts of water and two of new milke, four dozen of lemons, three nutmegs, a pound and half of double refin'd sugar, pare one dozen of the lemons very thin leaving none of the white, infuse the parings in some of the brandy about three hours with the nutmegs grated, dissolve the sugar in water before you putt it to the brandy, squeeze in the lemons and let all the ingredients be mixt together, then put them all into a bag of thick flannel & let it run without stirring, let about a quart run out, then put it into the bag againe, so repeat it till it is fine.

531. *For the Farcy in a Horse.*

TAKE three ounces of Sal Tartar, one ounce of lapis Calaminary, one ounce of Putty pulveriz'd; boyl two quarts of stale piss, one quart of Ale, one

handfull of Rue till it comes to one quart, then give it the horse fasting; if you finde the horse very sick in taking it, you may the next time abate a small matter of the quantity, by this twice repeated I have cur'd an inveterate Farcy; but let him rest three or four daies between.

532. *To cure the Grease in a Horse.*

TAKE three quarters of a pound of Rozin, two ounces of Sal Prunella, two ounces of stone Brimstone all in fine powders; boyle three pints of brine & three pints of stale Urine till it comes to three pints in the hole, strain it thro a woollen bag, and when tis cold stir in the saide powders and give it the horse fasting, and in two hours time give him corne and as much warme water with a little bran in it, as he will drinke, give him exercise as soon as he has taken the drink, and every time you give him water; Note your liquor must be very cold before you mix your powders with it: give him three Drinks resting about four daies between, and the whole quantity in each Drink;

The Oyntment if the Horse be very sore:

Take two ounces of the best Aloes and two ounces of spirits of Wine made into a salve over the fire.

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GLOSSARY

- AVENS.** Geum Urbanum. Herb Bennet. Flower Yellow. Perennial. Roots scented like cloves, fudorific, tonic, antipodagric stomachic. When young the roots give a pleasant flavour to ale. They are said to be useful in diarrhoea.
- BENJAMIN.** Styrax Benzoin. A gum exuded from a species of laurel. Stimulant. Is the principal ingredient in Friar's Balsam.
- BOLE ARMENIACK.** Armenian Bole. Several minerals were formerly used in medicine under this name. The Armenian Bole of the present day is usually made by mixing pipe-clay or common chalk with oxide of iron or red ochre.
- CARDOMUM.** Elettaria Cardamomum. Amomum Repens. Repens. True Cardamom. Seeds, stimulant, assisting digestion, largely used in medicine. Strong, pungent, but aromatic odour when bruised.
- CARDUS.** Cardunus is probably this herb, and there is a great variety. It is evidently one of the Thistles, or the Artichoke.
- COMMING SEED.** Cumin. Cyminum Cumin. Seeds carminative, smell disagreeable, chiefly used in veterinary medicine.
- CRAB'S EYES, or CRAWFISH EYES.** Concretions found in the stomach of the river Crawfish. They are white, and resemble in appearance miniature mushrooms. They vary in size from a quarter to five-eighths of an inch in diameter. Formerly used as absorbents and antacids. Only to be found to-day in Museums. Prepared chalk used instead.

CUBIBS. Cubebs. *Piper Cubebae*. A pepper, contains an oil largely used in medicine. Aromatic, pungent, stimulant, and purgative.

DYASCORDIUM. *Diascordium*. An electuary which was formerly in high repute as an antipestilential. The Swedish Pharmacopeia of 1845 had a formula for this, and the principal ingredient was Herb of Water Germander (*Teucrium Scordium*).

EGREMONY. This evidently must be Agrimony. *Agrimonia Eupatoria*. Flower yellow. Perennial. Herb used in gargles, also as tea. Celebrated as a vermifuge.

ENUL-CAMPANE. *Inula Helenium*. After *Officinalis Elecampane*. Flower Yellow. Perennial. Moist pastures. Root aromatic, slightly bitter, tonic, diaphoretic, stomachic. A decoction of the root used as an application in several cutaneous diseases, especially those attended with a troublesome itching.

FAIR WATER. The Oxford English Dictionary, edited by Dr. J. A. H. Murray, defines fair water as "clean, pure."

FFILIPENDULA. *Spiraea Filipendula*. Flower white, tipped with pink. July. Perennial. Herb astringent, and diuretic. Roots dried and powdered used for bread in famine. Tonic.

FLOWERS OF TUSSICA. Can this be Coltsfoot? *Tussilago Farfara*. Used still as an expectorant in coughs.

FUMETORY. *Fumitory-Corydalis*. *Capnoides*. Flower yellow. Very opening, refreshing, used in cutaneous diseases.

GALLBANUM, plaisters of. A plaister made of Gum Galbanum, Lead Plaister, Turpentine, and Frankincense, nearly but not quite obsolete. Still used in some country districts. The formula was published in the London Pharmacopeia of 1851.

GWACOMBEWOOD. *Guaiacum Officinale*. *Lignum vitae* tree. Wood resinous, hot, aromatic, diaphoretic, diuretic. Has been used in dropsy and gout. Is still used in the Compound Decoction of Sarsaparilla.

ISOPE WATER. Hyssop Water.

LAPIS CALAMINARY. *Lapis Calaminaris.* Calamine. A native impure carbonate of zinc. Largely used in lotions for all skin diseases. Nearly all the old cooling lotions for the face contained this ingredient, generally with rose water and glycerine.

LIETHERIEGIE OF GOLD. A name for Protoxide of Lead. Litharze, the basis of lead plaister.

MELILOT. *Melilotus Officinalis.* Yellow Melilot. Herb pectoral, discussive, causes the peculiar flavour of the Schabziger or scraped cheese of Germany. Decoction emollient. Still used in country places in plaisters, but dying out.

METHRIDATE. Mithridate or Damocrates Confection. An example of Poly-Pharmacy, it contained between 40 and 50 ingredients, and was supposed to contain the antidote to every known poison. The formula was included in the London Pharmacopeia of 1746.

MIROBALANCE. *Myrobalanus belerica.* Fruit dried and used as an astringent. Used in India, but not much in this country, except as a substitute for Galls in ink manufacture.

MUSKADINE. Muscardine. A fungus which grows on silk worms, or Muscadine, which was a rich spiced wine.

OYLE OF BENN. Oil of Ben. An oil obtained from the seeds of *Moringa Aptera* (Egypt and East India), used in perfumery and by watchmakers, as it does not readily freeze.

PURSLAWE WATER. Probably Purslane. *Portulaca Oleracea.* Used as a potherb, cooling, useful in scurvy, and bilious disorders.

RED SANDERS. Red Sandal Wood. *Pterocarpus Santalinus.* Resinous, odoriferous, astringent, tonic, used as a red colouring ingredient in spirituous tinctures.

SANICLE. *Sanicula Europaea.* Wood Sanicle. Flowers white. May—June Perennial. Leaves vulnerary, cleansing.

SCORDIUMWOOD. Scordium is the *Teucrium Scordium*, or Water Germander. Flowers pale purple. Perennial. Found in wet meadows, rare.

SEYNAC. Probably meant for Senna. Leaves a very well-known purgative.

SNEEZING POWDER ROOT. This is either *Achillea Ageratum*, Sweet Maudlin, or *Parmica Vulgaris*. *Achillea Parmica* Sneezewort.

SPEARMINT. *Mentha Viridis*. Spearmint. The ordinary garden mint. The oil used in medicine.

SPIRITS DIAMBRA. Spirits of Diambar. The name of a stomachic and cordial, which consisted of Amber, Musk, various aromatics, and other ingredients.

STORAX. *Styrax Officinale*. A fragrant resinous balsam obtained from the tree by incision. A close relative of Gum Benzoin, and is with it an ingredient of Friar's Balsam.

TORMENTIL. *Potentilla Tormentilla*. Sept-foil. Root very astringent, febrifuge, and not stimulant. Recommended in some cases of diarrhoea.

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Other edits. 1596, 1597, 1610.

PARTRIDGE (John).

Treafury of Commodious Conceits and Hidden Secrets, Commonly called The Good Hufwives Clofet of provision for the health of her household. Now the fourth time corrected and enlarged, etc. B.L. Richarde Jhones. Lond., 1584. 8vo.

Another edit. 1586.

The Good Hufwives Handmayde; containyng many principall pointes of Cookerie, etc. Lond., 1588. 8vo.

ALLDE or ALDER (Edward).

The Good Hufewives Treasurie, being a verie necessarie booke, instructing to the dressing of meates. Lond., 1588. 8vo.

ALLDE (Edward).

A book of Cookerie gathered by A. W., and now newlie enlarged with the serving in of the table. With the proper Snaces to each of them convenient. Lond., 1591. 8vo.

BUTTE (Henry).

Dyets Dry Dinner. Lond., 1599. 12mo.

A Clofet for ladies and Gentlewomen, or the art of preserving, conserving, and candying, with the manner of howe to make divers kinds of syrups and all kind of banquetting stufes. Lond., 1608. 12vo.

Other editions. 1632, 1636, 1647, 1651, 1654, 1656.

MARKHAM (Gervase),

Country Contentments, in two bookes: the first containing the whole art of riding great Horfes in very short time . . . etc. The second intituled The English Hufwife, containing the inward and outward vertues which ought to be in a compleate Woman, etc. 2nd pt. Lond., 1615. 4to.

MURRELL (John).

A delightful daily exercise for Ladies and Gentlemen, whereby is set forth the secrete misteries of the present

preservings in Glasse and other confrictionaries as making the Breads, Pastes, Preserves. . . . Whereunto is added a Booke of Cookery. 2nd pt. Printed for T. Devve. Lond., 1621. 12mo.

MURRELL (John).

Cookerie and Manner of Making Kickshawes, etc. 1630.

Murrell's two books of Cookerie and Carving. The fifth time printed with new editions. B.L. 3rd pt. (With a second title page reading: A New Booke of Cookerie, Wherein is set forth a most perfect direction to furnish an extraordinary or ordinary feast, either in Summer or Winter, etc. Printed by M. F. for J. Mariot. Lond., 1638. 12mo.

Another edit., 5th. 1641.

SCAPPI (B.)

M. B. Scappi dell' Arte del Cucinare, etc. 1643.

GENTLEWOMAN.

The Gentlewoman's Cabinet unlocked; wherein is contained many excellent receipts for neat dressing of divers sorts of meats. . . . Also directions for the best way of making Pancakes, etc. B.L. Lond., 1650.

8th impression. B.L. 1673. 12mo.

7th " With new editions. B.L. 1675.

The Schoolmaster, or Teacher of Table Philosophy. 1652.

GREY (Elizabeth), Countess of Kent.

A Choice Manuall, or rare and select secrets in Physick and Chyrurgery. Collected by the Countess of Kent. . . . As also most exquisite waies of preserving, conserving, candying, etc. (Part 2 has a distinct title-page as follows: A true Gentlewoman's De-light: wherein is contained all manner of Cookery, etc. Lond., 1653. 8vo.

Many editions of this work.

Nature unembowelled, or 1,720 Receipts.

MOUFET (Thomas).

Health's improvement, or, rules comprizing and discovering the nature, method, and manner of preparing all sorts of food used in this nation. . . . Corrected and enlarged by C. Bennet. Lond., 1655. 4to.

Another edition, to which is prefixed a short view of the author's life. . . . by Mr. Oldys, and an introduction by R. James. Lond., 1745.

M. (W.).

The Queen's Clofet opened: incomparable secret in Physick, Chirurgery, Preserving, Candyng, and Cookery, as they were presented to the Queen . . . etc. Lond., 1655.

Other editions, 1662, 1668, 1671, 1674, 1679, 1710.

The editions vary in title-pages, as: A Queen's Delight, or the Art of Preserving, etc.; The Compleat Cook, etc.

MAY (Robert).

The Accomplisht Cook, or the Art and Mystery of Cookery, etc. (With life of the author by W. W.) Lond., 1660. 8vo.

COOK.

The Compleat Cook, etc. Pp. 123. J. Winter for N. Brooke. Lond., 1668. 12mo.

Another edit., 1671.

DIGBY (Sir K.).

Choice and experimented receipts in Physick and Chirurgery, as also cordial and distilled waters, and spirits, perfumes, and other curiosities. Translated . . . by G. Hartman). Lond., 1668. 8vo.

2nd edit., 1675.

RABISHA (William).

The whole Body of Cookery dissected, taught and fully manifested. . . . According to the best traditions of the English, French, Italian, Dutch, etc. or a sympathy of all the varieties in natural compounds in that mystery . . . Second edit., whereunto is annexed a second part of rare receipt of Cookery, and with a book of preserving, etc. Lond., 1675. 8vo.

The Queen Like Clofet, or Rich Cabinet. 1675.

DIGBY (Sir Kenelm).

The Clofet of . . . Sir Kenelm Digbie, Kt. opened: whereby is discovered several ways for making of Methaglin, Sider, Cherry-wine, etc. Together with . . . directions for Cookery, etc. Pp. 312. Lond., 1677. 8vo.

3rd edit., corrected (printed) by E. C. for H. Brome.
1669.

The Ladies Cabinet enlarged concerning preserving,
Physic, and of Cookery. Lond., 1682. 8vo.

ROSE (Giles).

A perfect school of Instructions for the Officers of
the Mouth. Shewing the whole art of a Master of the
Household, a Master Carver, a Master Butler . . . A
Master Cook . . . with pictures . . . displaying the
whole arts. Lond., 1682. 12mo.

TRYON, T.

A treatise of Cleannesse in Meats, and Drinks, of the
preparation of food . . . and the benefit of clean sweet
beds . . . Also of the generation of bugs, and their
cure. To which is added A Short discourse of the pain
in the teeth, etc. Lond., 1682. 4to.

HARTMAN (George).

The true preserver and restorer of health; being a
choice collection . of . . . remedies for all distempers
. . . together with . . . directions for Cookery, etc.
2nd pt. Lond., 1682. 8vo.

2nd edit., with additions, 3rd pt. Lond., 1684-82.
12mo. (Pt. 2 has a separate title page, "Excellent Di-
rections for Cookery.")

The Young Cook's monitor, by M. H. Lond., 1683.
Another edition. 1690.

Hannah Wooley's Rare Receipts. 1684.

The Accomplisht Ladies Delight. 1686.

The Kitchen Physician. 1688.

The Cupboard Door opened. 1689.

SALMON (William), M.D.

The Family-Dictionary; or Household Companion:
Containing in an alphabetical method: I. Directions
for Cookery. II. Making all sorts of pastry-ware. . .
III. Making of conserves. . . IV. The making all
kinds of potable liquors. V. The making of all sorts
of rare perfumes . . . etc. Lond., 1696. 8vo.

4th edit. 1710.

LÉMERY (Louis).

Traité des aliments, ou l'on trouve par ordre, etc.,
etc. Paris, 1702. 12mo.
2nd edit. 1705.

CUISINIER.

Le Cuisinier familial, tant pour les grandes maisons
& Familles Bourgeoises que pour les gens de la Cam-
pagne. Bruxelles, 1705. 12mo.

HORATIUS FLACUS (Quintus).

The Art of Cookery: in imitation of Horace's Art
of Poetry, with some letters to Dr. Lifter and others,
etc., etc. Lond., (1709). 8vo.

LAMB (Patrick), Chef to her Majesty.

Royal Cookery, or the Complete Court Cook, con-
taining the choicest receipt in all the particular branches
of cookery now in use in the Queen's Palaces. . . To
which are added bills of fare, etc. Lond., 1710.
2nd edit. 1716.
3rd edit. 1726.

HOWARD (Henry), Cook.

England's Newest way in all sorts of Cookery, Pastry,
and all pickles fit to be used; with copperplates. Lond.,
1710. 8vo.

Another edition. 1726.

The Whole Duty of a Woman: or guide to the
female sex: also choice receipts in Physick and Chy-
rurgery: with the whole art of Cookery. 5th edit.
1712.

Other editions published 1701, 1707, 1739, 1792,
1793.

HALL (T.), Cook.

The Queens Royal Cookery: or expert and ready
way for the dressing of all sorts of flesh. . . With the
Art of preserving and candying of fruit and flowers.
Lond., 1713.

3rd edit. 1719.

5th edit. (1730.)

A Collection of above three hundred Receipts in
Cookery, Physick, and Surgery, etc. Lond., 1714. 8vo.
2nd edit. 1719.
5th edit. 1734.

EALIS (Mary).

Mrs. M. E's receipts (for confectionery, etc). Lond.,
1718. 8vo.

The Accomplish'd Ladys Delight in preserving, phy-
sick, beautifying, Cookery, and gardening. . . 10th edit.,
enlarged. D. Pratt, Lond., 1719.

NORT (John), Cook.

The Cook's and Confectioner's Dictionary: or the
Accomplish'd Housewives Companion . . . (compiled)
revised, and recommended . . . by J. N. Lond., 1723.
8vo.

SMITH (Robert).

Court Cookery: or the compleat English Cook, con-
taining the . . . newest receipt, etc. 2nd pt. Lond.,
1723. 8vo.

S— (E.).

The Compleat Housewife: or Accomplished Gentle-
woman's Companion: being a collection of upwards of
Five hundred of the most approved Receipts in Cookery
. . . to which is added a collection of above Two hun-
dred Family receipts of medicines. By E. S—. (*id.*,
E. Smith). 3rd edit, improved. Lond., 1729.

Other editions, 1734, 1741, 1742.

CARTER (Charles), Cook.

The Complete Practical Cook; or a new system of
the whole art and mystery of Cookery . . . Adorned
with sixty curious copper plates, etc. Lond., 1730.

CARTER (Charles).

The Complete City and Country Cook; or accom-
plish'd Housewife. . . . Illustrated with forty-nine large
copper plates. Lond., 1732. 8vo.

LA CHAPELLE (Vincent).

The Modern Cook (with plates). 2 vols. 1733.

” ” 3 vols., 2nd edit. 1736.

” ” 3rd edit. 1744.

MIDDLETON (John), Cook.

Five hundred new receipts in Cookery; revised by Henry Howard. Lond., 1734. 8vo.

The Young Lady's Companion in Cookery, and Pastry, preserving, pickling, candying, etc. Lond., 1734.

BAILEY (Nathan).

Dictionarum domesticum, being a compleat Household Dictionary, for the use of both city and Country. Lond., 1736. 8vo.

HARRISON (Sarah).

The Housekeeper's Pocket Book, and compleat family cook; containing above seven hundred curious . . . receipts . . . etc. etc. 2nd edit. Lond., 1739. 12mo.

7th edit. 1760.

8th edit. 1764.

9th edit. 1777.

KIDDER (Edward).

E. Kidder's Receipts of Pastry and Cookery for the use of his scholars, etc. (with plates). Lond., (1740).

Another edit. (1741).

ATKYNs (Arabella), pseud.

The Family Magazine, in two parts. Part I containing useful directions in all the branches of house-keeping and Cookery . . . Lond., 1741. 8vo.

ADAM.

Adam's Luxury and Eve's Cookery, or the Kitchen Garden display'd, etc. Lond., 1744. 12mo.

LADY.

The art of Cookery made plain and Easy, etc. By a Lady (Hannah Glasse). 1747.

4th edit. 1751.

5th edit. 1755.

7th edit. 1760.

9th edit. 1765.

New edit. 1770.

„ 1774.

„ 1784.

(There are slight variations in the titles of the different editions.)

MOXON (Elizabeth).

English Housewifery. Exemplified in above four hundred and fifty receipts . . . with cuts, etc. Leeds, 1749. 12mo.

FISHER (Mrs.) of Richmond.

The Prudent Housewife; or Complete English Cook, for town and country. Being the newest collection of . . . receipts, etc. Lond., (1750?). 12mo.
Another edit. 1788.

JACKSON (Sarah).

The Director; or Young Woman's best companion, containing above three hundred receipts in Cookery, pastry, preserving . . . physick and Surgery. . . The whole makes a complete family cook and physician. Lond., 1754. 12mo.

MOXON (Eliz.)

English Housewifery Improved; or a supplement to Moxon's Cookery, contains upwards of sixty modern . . . receipts. Collected by a Person of Judgment. Leeds, 1758.

Third edit. (1775).

COACHMAN.

A treatise on the use and abuse of the commonly called the Stewards Table in families of the first rank, etc. Lond., (1758). 8vo.

VERRAL (William).

A Compleat System of Cookery. In which is set forth a variety of genuine receipts collected . . . under . . . M. de St. Clouet . . . Lond., 1759. 8vo.

CLELAND (Elizabeth).

A New and Easy Method of Cookery. 2nd edit. Lond., 1759. 8vo.

The Art of modern Cookery displayed; consisting of the most approved Methods of Cookery, Pastry, and Confectionery of the present time, etc. By the Translator, a Foreigner, who has been several years Clerk of the Kitchen in Noble Families in this Kingdom. Lond., Davis, 1767. 8vo.

SHACKLEFORD (Mrs. Anne), of Winchester.

The Modern Art of Cookery improved; or elegant, cheap and easy methods of preparing most of the Dishes now in vogue; in the composition whereof both health and pleasure hath been consulted. Lond., 1767. 12mo.

COOKERY.

Primitive Cookery, or the Kitchen garden displayed: containing a collection of receipts for preparing a great variety of cheap, healthful, and palatable dishes, without either fish, flesh, or fowl. 2nd edit., with additions. Lond., 1767. 12mo.

JENKS (James).

The Complete Cook . . . Containing the greatest variety of . . . receipts in Cookery, pastry, confectionery, etc. With an appendix, teaching the art of making wine, etc. Lond., 1768. 12mo.

SKEAT (J.)

Art of Cookery and Pastry made easy and familiar in upwards of two hundred different receipts and bills of fare . . . To which is added a variety of tables for forms of entertainment and an exact representation of the table of the Guild feasts of Norwich and Lynn. Norwich, printed 1769. 8vo.

Another edit. Lond., 1772.

TAYLOR (E.), of Berwick.

The Lady's, Housewife's, and Cookmaid's Assistant: or the Art of Cookery explained, etc. Berwick on Tweed, 1769. 12mo.

Art of Cookery, adapted to the meanest capacity. Berwick, 1769. 12mo.

RUFFALD (Elizabeth).

The experienced English Housekeeper for the use and ease of ladies, house keepers, cooks, etc. . . . consisting of near 800 original receipts most of which never appeared in print, etc. Manchester, 1769. 8vo.

Other editions, 1776, 1780, 1782, 1786.

The Professed Cook, or the Modern art of Cookery, Pastry, and Confectionery made plain and easy. Lond., 1769. 8vo.

Mary Smith's Compleat Housekeeper. 1772.

BORELLA (—).

The Court and Country Confectioner, or the Housekeepers Guide, etc. etc. Lond., 1772. 8vo.

MASON (Mrs. Sarah).

The Lady's Assistant, for regulating and supplying her Table, containing 150 select Bills of Fare, properly disposed for Family Dinners of five dishes to two courses of eleven and fifteen; with upwards of 50 Bills of Fare for Suppers from five dishes to 19, and several Desserts. Lond., 1773. 8vo.

CLERMONT (B.)

The Professed Cook; or the Modern Art of Cookery, Pastry, etc. made easy. 1776.

The Accomplished Lady's Delight in Cookery; or the Complete Servants Maids (*ſic*) Guide. J. Smart, Wolverhampton, (1780).

DALRYMPLE (George).

The Practice of Modern Cookery . . . To which is added a Glossary explaining the terms of Art. Edinburgh, 1781. 8vo.

MACIVER (Mrs.)

Cookery and Pastry. 4th edit. Lond., 1784. 12mo.

The Honours of the table; or rules of behaviour during meals. With the whole art of carving, etc. (By John Trusler). Lond., 1788.

2nd edit. 1791.

3rd edit. 1805.

4th edit. 1805.

DR. STARK'S

Dietetical Experiments. 1788.

BRIGGS (Richard).

The English art of Cookery, according to the present practice, being a complete Guide to all Housekeepers, on a plan entirely new. Cork, 1788.

Lond., Robinson, 1791. 8vo.

1792.

COLB (Mrs. Mary), Cook to the Rt. Hon. the Earl of Drogheda.

The Lady's Complete Guide, or Cookery and Confectionary in all their branches. To which is added, The Complete Brewer, also the Family Physician, etc., etc. 1789. 8vo.

CONFECTIONER.

The Complete C. or the whole art of confectionary . . . By a person late apprentice to Messrs. Negri and Witten of Berkely Square. (F. Nutt), Lond., 1789, 1790.

COOKERY.

Ancient C.— from a MS. in the Library of the Royal Society. (This is an extract from "A Collection of Ordinances . . . for the government of the Royal Household" published by the Society of Antiquaries, but with distinct register and pagination.") Lond., 1790. 4to.

FRAZER (—), Mrs.

The Practice of Cookery, Pastry, Pickling, Preserving, etc. Edin., 1791. 12mo.

SAUNDERS (Sarah), Mrs.

The Fountain of Knowledge, or Complete Family Guide; containing curious particulars of the utmost service to families in general. 6th edit. Lond., 1792.

COLLINGWOOD (Francis) and WOLLAMS (John).

The Universal Cook, and City and Country House-keeper, containing all the various branches of Cookery, etc., etc. Lond., 1792. 8vo.

FRENCH COOK.

The French family Cook, being a complete System of French Cookery, etc. Lond., 1793. 8vo.

MELROSE (Eliza).

An economical and new method of Cookery, describing upwards of eighty . . . dishes . . . and above forty soups: with new and useful observations, etc. Lond., 1798. 8vo.

HOLLAND (Mary), Mrs.

**The Complete British Cook, etc. Lond., 1800.
12mo.**

CHAMBERS (Amelia).

**The Ladies best companion . . . containing the
whole art of Cookery, Pastry, etc. Lond., (1800?)
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